

WinterACTIVE

Fitness Classes	Arena Programming	Specialty Programming
Saturday, January 17 9:00 AM – Core Fitness 10:00 AM – Yoga	Sunday, January 18 11:00 AM – Public Skate	Saturday, January 17 1:00 PM – 2:30 PM – Leisure & Activity Centre Fun Food Workshop – Winter Edition
Sunday, January 18 10:00 AM – Yoga & Mat Pilates (Sponsored by Recreation Services)	Monday, January 19 9:00 AM – Adult & Senior Skate 11:00 AM – 55+ Shinny 2:00 PM – 18+ Ladies Shinny	Sunday, January 18 10:00 AM – Leisure & Activity Centre Diggin' Dinosaurs
Monday, January 19 9:00 AM – Tone & Sculpt 10:00 AM – Strong Seniors 11:00 AM – Zumba (Sponsored by Recreation Services) 5:30 PM – Zumba 6:30 PM – Yoga	Tuesday, January 20 9:00 AM – Adult & Senior Skate 10:00 AM – 18+ Shinny 4:00 PM – Toonie Skate	Monday, January 19 11:00 AM - Amherstview Library Exploring Ancestry 3:00 PM – Amherstview Library Drop-In Switch Gaming 5:30 PM - Leisure & Activity Centre Creative Kids – Foil Art 6:00 PM - Bath Library Craftworks: Heartfelt Décor
Tuesday, January 20 9:00 AM – Tone & Sculpt 10:00 AM – Strong Seniors 11:00 AM – Gentle Stretch	Wednesday, January 21 11:00 AM – 55+ Shinny 2:00 PM – Adult & Senior Skate 7:30 PM – Amherstview Jets vs. Picton Pirates	Tuesday, January 20 6:00 PM - Leisure & Activity Centre Master Chef – Singaporean Style Noodles
Wednesday, January 21 9:00 AM – Fitness Circuit 10:00 AM – Zumba 5:30 PM – Fitness Circuit (Sponsored by Recreation Services) 6:30 PM – Power Stretch (Sponsored by Recreation Services)	Thursday, January 22 4:00 PM – Toonie Skate	Wednesday, January 21 10:30 AM - Amherstview Library Storytime 2:00 PM - Amherstview Library Advance Care Planning Workshop 4:30 PM - Amherstview Library Code Club 6:00 PM – Bath Library S.T.E.A.M. Quest: Snow Monsters
Thursday, January 22 9:00 AM – Tone & Sculpt 10:00 AM – Strong Seniors 11:00 AM – Gentle Stretch	Friday, January 23 9:00 AM – Public Skate 10:00 AM – 18+ Shinny 6:00 PM – Public Skate	Thursday, January 22 6:00 PM - Amherstview Library S.T.E.A.M. Quest: Snow Monsters
Friday, January 23 9:00 AM – Tone & Sculpt 10:00 AM – Strong Seniors		
Location: Leisure & Activity Centre	Location: WJ Henderson Recreation Centre	Location: See above

See our website for more information.

All programs have fees associated unless otherwise indicated. (Library programs have no fees)