



Monday	Tuesday	Wednesday	Thursday	Friday
2 In Motion Mondays Walking 10:00-11:00 am	3 Women's Yoga 12:00-12:30 pm	4	5 Zumba 6:30-7:30 pm Men's Basketball 8:00 – 9:00 pm	6 Garden Fresh Box Orders Due
9 In Motion Mondays Walking 10:00-11:00 am	10 Women's Yoga 12:00-12:30 pm	11	12 Zumba 6:30 – 7:30 pm Men's Basketball 8:00 – 9:00 pm	13
16	17	18 Wealth of Health: Yoga 6:00 – 7:00 pm Garden Fresh Box Delivery	19 Zumba 6:30-7:30 pm Men's Basketball 8:00 – 9:00 pm	20
23 In Motion Mondays Walking 10:00-11:00 am	24 Women's Yoga 12:00-12:30 pm	25 Nutrition Workshop: Reading Food Labels 10:30 am – 1:00 pm Wealth of Health: Vitamin D 6:00 – 7:00 pm	26 Zumba Glow 6:30-7:30 pm Men's Basketball 8:00 – 9:00 pm	27
30 In Motion Mondays Walking 10:00-11:00 am	31 Women's Yoga 12:00-12:30 pm			

**** ALL PROGRAMS ARE FREE OF CHARGE** (except Garden Fresh Box)**

Program Name	Description	Shelldale Location
In Motion Mondays Walking	Weekly year-round drop-in, all ages	Shelldale Gym
Women's Yoga	Weekly drop-in, adult program, September-June	Shelldale Gym
Nutrition Workshop	Monthly nutrition workshop, drop in	Guelph CHC Shelldale
Garden Fresh Box	Monthly program, \$20 for large box, \$15 for small box	Guelph CHC Reception
Wealth of Health	Weekly drop in, group discussion on healthy living tips and health issues currently in the news	Guelph CHC Shelldale
Zumba	Weekly year-round drop-in, all ages	Shelldale Gym
Zumba Glow	Regular Zumba program, with party lighting	Shelldale Gym
Men's Pick up Basketball	Weekly drop-in, ages 18+, non competitive	Shelldale Gym