

## ***Registered Programs at the Mississauga Senior's Centre Spring & Summer 2014***

### **Fitness & Active Living Programs**

- Aquafitness MSC
- Fit, Balance & Strength
- Fit Fellows
- Forever Fit Ladies
- Full Functional Workout
- Gentle Joint & Stretch (Chair)
- Happy Tappers
- Keep Fit for Bones - Level 1
- Keep Fit for Bones - Level 2
- Lawn Bowling for Beginners
- Line Dancing - Level 1
- Line Dancing - Level 2
- OsteoFIT
- Square Dancing - Beg/Int
- Tai Chi Qigong
- Weight Training/Fit Class
- Yoga in a Chair
- Yoga MSC
- Zumba Gold MSC

### **Computer Programs**

- Ipad
- Tech Time