

# February 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	4 Gentle Yoga 10 am	5 Cardio Strength Fusion 9:30 am Café BREAK 12pm	6 Crib & Coffee 1-3 Zumba 6:45	7 Pole Walking 10am	8
9	10 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	11 Foot Clinic 9-12 Gentle Yoga 10 am	12 Cardio Strength Fusion 9:30 am *Café BREAK 12pm L&L: Four Headingley Stories	13 Foot Clinic 9-4 Crib & Coffee 1-3 Zumba 6:45	14 Pole Walking 10am	15
16	17 CLOSED— LOUIS RIEL DAY (No programs)	18 Gentle Yoga 10 am	19 Cardio Strength Fusion 9:30 am Café BREAK 12pm	20 Crib & Coffee 1-3 Zumba 6:45	21 Pole Walking 10am	22
23	24 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	25 Gentle Yoga 10 am	26 Cardio Strength Fusion 9:30 am Café BREAK 12pm	27 Crib & Coffee 1-3 Zumba 6:45	28 Pole Walking 10am	

MHRD Fitness\* = **Blue** Programs = **Green** Events = **Red** Café BREAK= **Magenta**

\*You can register for MHRD programs by visiting [mhrd.ca](http://mhrd.ca) or calling (204) 885-2444

\*\*All programs and events are subject to change, please contact us if you're unsure about the status of a program