KEEP WELL FITNESS CLASS SCHEDULE

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MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Zoom Virtual Exercise Class Online: to register contact www.keepwellsociety.ca 9:00 - 10:00 Mild Exercise	**Parkgate Community Centre** 3625 Banff Court North Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*	**Zoom Virtual Exercise Class** Online: to register contact www.keepwellsociety.ca 9:00 - 10:00 Mild Exercise	**West Vancouver Kiwanis Centre** 959 21 Street West Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*	**Silver Harbour Seniors Centre** 2325 St Georges Ave. North Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*
North Shore Neighbourhood House 225 East 2nd Street North Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*		**Silver Harbour Seniors Centre** 2325 St Georges Ave. North Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*	**Lynn Woods Kiwanis Centre** 2551 Whiteley Court North Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*	**North Shore Neighbourhood House** 225 East 2nd Street North Vancouver 9:30 Mild Exercise *10:30 Social Hour & activities*
		West Vancouver Seniors Activity Center 695 – 21st Street West Vancouver 11:15 Mild Exercise 12:00 *Social Hour & activities*	**Lions Gate Community Centre** 1733 Lions Gate Lane North Vancouver 10:00 Mild Exercise *11:00 Social Hour & activities*	
Delbrook Community Centre Arbutus Room 851 West Queens Road North Vancouver 11:00 Mild Exercise *12:00 Social Hour & activities*				

The North Shore Keep Well Society acknowledges that we are on the unceded territories of the Coastal Salish people, including the Sḵwx̱wú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam) and Səl̓ílwətaʔ/Sel̓íl̓witulh (Tsleil-Waututh) Nations

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