

BOW CLIFF 50+
 3375 Spruce Drive SW
 403.246.0390

INTRODUCING our SPRING CLASSES

EXERCISE	DAY	TIME	START DATE	\$
Yoga	Monday	1:30-2:30pm	Ongoing	\$80 memb/\$110 non
Balance Core and More	Tuesday	12-12:45pm	April 2nd	\$40 memb/\$70 non
Qi Gong	Tuesday	2-3pm	Ongoing	\$40 memb/\$70 non
Balance Core and More	Thursday	10:45-11:30am	April 4th	\$40 memb/\$70 non
THURSDAY EVENING:				
Zumba Gold	Thursday	6:30-7:30pm	April 4th	\$50 memb/\$80 non
ART	10 SESSIONS			
Water Colour	Mondays	12:30-3pm	April 1st	\$186 memb/\$216 non
Paper Tole	Thursdays	9:30-11:30am	April 4th	\$113 memb/\$143 non
Mixed Media ART	Thursdays	9:30-11:30am	April 4th	\$162 memb/\$192 non
Mixed Media ART	Thursdays	12pm-2pm	April 4th	\$162 memb/\$192 non
LAWN BOWLING				
Lawn Bowling	Wednesday	10:30am	May	\$3 memb drop in

ALL ART PROGRAMS ARE 10 SESSIONS
 ALL EXERCISE PROGRAMS ARE 8 SESSIONS, UNLESS ONGOING
 For more information please contact the office at 403.246.0390
 Online payments now available at www.bowcliffseniors.org
 Anyone needing financial assistance please contact the office.
 Dependent on registration
 DROP INS WELCOME—FEES APPLY

During the weeks of March 25th-28th and April 1st-5th come try Yoga, Balance Core and More, Qi Gong, and Zumba Gold for free. For schedule details check the calendar.