



Long Sault – Martintown - St. Andrews – Avonmore – Maxville – Alexandria – Morrisburg - Cornwall

LONG SAULT		MON	TUE	WED	THUR	FRI	SAT
	9 am	Gentle Yoga United Church Mark					Yoga 9:30 am United Church Kim
	10:15 am	Senior Fit United Church Deb		Senior Fit United Church Deb		Fusion United Church Deb	
	5:30 pm	Barre Plus South Stormont Hall Marilyn					
	6 pm		Yoga Christ Church	Body Precision United Church Alyson	CXT United Church Shawna		
	6:30 pm	Body Precision United Church Alyson					
		Bootcamp South Stormont Hall Marilyn					
	7 pm			Yoga United Church Kim			
ST. ANDREWS New Fire Hall	Fun Filled Fitness Tuesday 10 am Pam			Fun Filled Fitness Thursday 11:10 am Marilyn			
	Gentle Yoga 11:05 am Pam						
AVONMORE North Stormont Place	Body Precision Monday 6:30 pm Sophie			CXT Wednesday 6:30 pm Sophie			
MORRISBURG SENIORFIT Allen Hall	Wednesday 10:45 am Marilyn			Friday 10 am Marilyn			
MARTINTOWN Community Hall	Body Precision Monday 6 pm Penny In Person & Zoom Live		30/30 Wednesday 6 pm Penny In Person & Zoom Live		CXT Thursday 6:00 pm Penny In Person & Zoom Live		
	Yoga Monday 7 pm						
ALEXANDRIA Sandfield Place	Yoga Tuesday 6:30 pm Rebecca						
MAXVILLE Arena Hall	Yoga Thursday 6:30 pm Sophie						
No Classes Thanksgiving Monday at all sites							