September 2022

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

Sept - Dec 2022 Older Adult Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	Yoga in Mandarin 11:45 AM – 12:45 PM	Elevate: Mobility & Flexibility 8:15 AM - 9:00 AM		Elevate: Mobility & Flexibility 8:15 AM - 9:00 AM	Gentle Yoga 10:00 AM - 11:00 AM	Sound Healing Meditation 4:00 PM - 5:15 PM
	Intro to Fitness 5:15 PM - 6:30 PM	Gentle & Restorative Yoga 10:30 AM - 11:15 AM		Chair Yoga 1:00 PM - 2:00 PM	Walking Soccer 1 :00 PM - 2:30 PM	
		OsteoFit 1:00 PM - 2:00 PM		OsteoFit 5:00 PM - 6:00 PM	Range of Movement 4:00 PM - 5:00 PM	
		Gentle Yoga 4:15 PM - 5:15 PM				
18	19	20	21	22	23	24
Gentle Yoga 3:30 PM - 4:30 PM						
25	26	27	28	29	30	1

UNIVERSITY NEIGHBOURHOODS ASSOCIATION

202-5923 Berton Ave., Vancouver, British Columbia V6S 0B3 T: 604.827.5158 F: 604.827.5375 reception@myuna.ca www.myuna.ca