



ADULT RECREATION **35⁺**

FUEL YOUR LOVE FOR RECREATION,
SPORT AND LEISURE ACTIVITIES.

The City of Stratford recognizes that staying active as an adult is important for personal independence and to help support a healthy, active social life. Our drop-in programs are for those adults who are 35 years of age and older, and do not require a membership.



LIVFIT EXERCISE WITH DIANE HERNDEN

Diane will lead you through a safe and effective group exercise program to increase muscle strength and balance. Lots of laughs in a friendly atmosphere that celebrates individual strengths and abilities.



YOGA WITH BECCA

Join Becca for well-balanced, weekly yoga classes (chair and/or flow). Practice postures that facilitate balance and coordination, strength, and mobility with mindful breathing.

ADULT RECREATION ACTIVITIES SCHEDULE

APRIL - JUNE 2024



PRE-REGISTER TO JOIN OUR ACTIVITIES

To participate in activities, you must pre-register at www.stratford.ca/reconnect, visit the Stratford Agriplex office at 357 McCarthy Road, Monday to Friday, 8:30am to 12pm and 1 to 4:30pm, or call 519-271-4310 during office hours.

For more information, visit www.stratford.ca/active35

ACTIVITY	DAY	TIME	LOCATION	COST / SESSION
LivFit Exercise	Monday	8:45 – 9:45am	Market Hall, Agriplex	\$8
LivFit Exercise	Thursday	8:45 – 9:45am, 10 – 11 am	Market Hall, Agriplex	\$8
Volleyball	Wednesday	2 – 3:30pm	Fieldhouse, Agriplex	\$5
Yoga: Chair	Thursday	9:30 – 10am	Second Floor Hall, Agriplex	\$5
Yoga: Level 1 (Flow)	Monday	10 - 10:45am	Tim Taylor Lounge, Rotary Complex	\$8
Yoga: Level 2 (Flow)	Monday	11 – 11:45am	Tim Taylor Lounge, Rotary Complex	\$8
Yoga: Flow	Thursday	10:15 – 11am	Second Floor Hall, Agriplex	\$8

