

Please note locations, and alternative locations for weather.

Every Monday, June 3, 10, 17, and 24, at 5:30 p.m., Julie Barker of Flow Energy Work will provide Qigong. We will be in the Lions Park by the Swimming Pool, weather permitting. The alternate location is the Wellness Space at the Vulcan Community Health Centre, 610 Elizabeth Street, Vulcan.

June 4, 6, 11, 13, 18, 20, and 25 at 5:30 p.m.: Boot Camp with Ana from Kona Fitness, weather permitting, at Lions Park by the Swimming Pool or at Kona Fitness. These classes are free to WC participants, and there is a 20.00 drop-in fee for non-registered participants.

June 4 at 7:00 pm: Sound Bathing with Linda Welsh of Good Vibrations. This class will be at the Wellness Space at the Vulcan Community Health Centre, 610 Elizabeth St. Please bring a mat and a blanket.

June 11 at 7:00 pm: Sound Bathing with Linda Welsh of Good Vibrations. This class will be at Arrowwood United Church. Please bring a mat and a blanket.

June 18 at 7:00 pm: Sound Bathing with Linda Welsh of Good Vibrations. This class will be at Carmangay Hall. Please bring a mat and a blanket.

June 11 & 18: Dance Fit with Clarice Gilbert at Arrowwood at 6:00. Location: Park by Community Hall.

June 5 & 12—Work out and stretch with Michelle Schierman from Full Motion Bodyworx at 5:30 p.m. Weather permitting, this class will be in Lions Park or the Wellness Space at the Vulcan Community Health Centre.

June 19th—Yoga with Breathe with Auburn Phillips at 5:30 p.m. This class will be in Lions Park, weather permitting, or in the Wellness Space at the Vulcan Community Health Centre.

In Milo, Rural Route Fitness with Jessy Vooy is held each Thursday at 10:00 a.m., and it is free to WC participants and \$10.00 to non-participants.

June 13 & 27: Dance Fit with Clarice Gilbert in Vulcan at 5:30 p.m., weather permitting, at Lions Park or the Wellness Space in the Vulcan Community Health Centre. This is an open class, and there is no charge for anyone who would like to attend.

Every Friday in June at 12:00 noon, there is a Curves circuit-like workout with Kelly Nash at the Kinettes outdoor gym on 3rd Ave North Vulcan.