

New Recreation Programs coming to the Komoka Community Centre this Spring!

KOMOKA & DISTRICT
COMMUNITY CENTRE
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Chair Yoga

This beginner class will introduce participants to yoga postures and breathing exercises using the support of a chair. This class is perfect for participants who want to experience the many benefits of yoga without having to get up and down from the floor. Benefits include increased strength, mobility, balance, and flexibility, along with improved circulation and cognition. This is a 45-minute introductory class led by an instructor.

- Instructor: Peter Taylor
- Rate: \$48 + HST
- Dates: Fridays from April 14 – June 2, 2023 (no class May 22)
- Time: 10:00 am – 10:45 am
- Location: Komoka Community Centre

Pickleball – Recreational

This a great opportunity to play pickleball with a group. All levels welcome. Participants are split into groups that play games together. Games are recreational and for fun. Sessions will be 1.5 hours in length. There is no instruction involved in these sessions.

- Coordinator: Peter Taylor
- Rate: \$48 + HST
- Dates: Mondays from April 3 to June 5, 2023 (no class April 10)
- Time: 6:00 pm – 7:30 pm
- Location: Komoka Community Centre

**For more information and to register,
visit middlesexcentre.ca/rec-programs
or call the Wellness Centre at 519-601-8022.**

*Komoka
& Area
55+ Club*


**middlesex
centre**
in the centre of it all