### Aquatics Options:
- **Sunday, October 16, 10am:** Group Active
- **Friday, October 14, 9:30am:** Group Blast
- **Thursday, October 13, 5pm:** Group Active

### Fitness Options:
- **Monday, October 10, 10:30-11:15am:** AquaFit
- **Monday, October 17, 7pm:** Group Power
- **Thursday, October 20, 8-9pm:** Group Fight
- **Wednesday, October 26, 8-9am:** Groupactive

### October 24-28, 2016
- **Monday, October 24, 8-9am:** Group Active
- **Tuesday, October 25, 8-9pm:** Group Fight
- **Wednesday, October 26, 8-9am:** Group Active
- **Wednesday, October 26, 10:15-11:15am:** Group Groove
- **Wednesday, October 26, 5-6pm:** Group Fight Class

### Schedule Information
- Children are welcome to participate without a parent/guardian! For children ages 6 and up and a parent/guardian!
- Free Family Hip Hop Class!
- See our schedule guide for more information.
- All classes are FREE and first come first serve!

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### Join the Y this fall

**Offer ends October 1, 2016. Financial assistance is available.**

Get more for your family today: [ymcawo.ca/more](http://ymcawo.ca/more)

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### CHOOSE YOUR MOVE, LONDON

discover London and get in motion!

**BOB HAYWARD YMCA**
1050 Hamilton Road, London, ON
**CENTRE BRANCH YMCA**
382 Waterloo St., London, ON
**STONEY CREEK COMMUNITY CENTRE, YMCA & LIBRARY**
920 Sunningdale Ave., London, ON
**DANCE LONDON**
2 Langarth St W, London, ON

### In Motion Community Challenge
every minute counts!

### up for the challenge?
**what is it?**
Everyone in London and Middlesex County is invited to participate in a 31-day physical activity challenge during the month of October.

**why join the challenge?**
It's a fun and easy way to feel energized, get healthy and reduce stress with your family, friends and community. The total number of physical activity minutes accumulated in London and Middlesex County will be announced on inmotion4life.ca

### how to join:
1. Set a physical activity goal. Ask family, friends & co-workers to join you.
2. Dance, run, swim, walk...
3. Track your activity minutes one of two ways:
   - Use the NEW in motion™ Community Challenge App (available at inmotion4life.ca or the App Store).
   - Use the paper tracking tool (available at local locations or for download at inmotion4life.ca). See website for pick-up and drop-off locations.
4. Submit your form by the first week of November.

### we heard you!
We have a NEW tracker app this year to make participating even easier.

1. Delete the previous version of the in motion™ app.
2. Download the NEW in motion™ Community Challenge app from the App Store and register.
3. Start moving and tracking those minutes!

### Looking for a new way to stay active? Learn and discover more about these local London businesses at the following opportunities. Experience activities for all ages and skill levels during the month of October. Clip and save this schedule to help plan your next activity, and visit inmotion4life.ca for a full list of events.

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### Free!

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### Join the Y this fall and we’ll waive your joining fees!

Get more for your family today: [ymcawo.ca/more](http://ymcawo.ca/more)

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### dance London

“Dance your way through life and you’ll be happy.”

Looking for a new way to stay active? Learn and discover more about these local London businesses at the following opportunities. Experience activities for all ages and skill levels during the month of October. Clip and save this schedule to help plan your next activity, and visit inmotion4life.ca for a full list of events.

**FREE!**

### BALL HOCKEY INTERNATIONAL
17 Clarke Rd, Unit B, London, ON
Oct 15th from 2 to 3pm (Youth ages 7 to 13)
Oct 16th from 1 to 2pm (Adult)
**Hockey**
Youth - bring helmet, shin pads, hockey gloves and a stick. Adult - bring hockey gloves and a stick. Max of 24 players, so sign up early! RSVP by October 13th. Call 519-435-2255

### THAMES VALLEY TRAIL ASSOCIATION
Meet in Springett lot in the rear car park off Western Rd. One-hour walk in Medway Valley with Thames Valley Trail Association October 15, 9:00 a.m.
Hike with the Thames Valley Trail Association in the Medway forest. Meet in Springett lot in the rear car park off Western Road for a 1-hour walk. The area is hilly and good boots are recommended. Families with children are welcome. Wear comfortable walking shoes (no sandals please), dress for the weather. Arrive 10-15 minutes early in order to sign in. For questions, please email s-haddow@rocketmail.com

### HORTON STREET SENIOR CENTRE
at the Boys and Girls Club of London, 184 Horton St., London, ON
Monday, October 3rd, at 10:45am
**Get Fit Class**
Get Fit Exercise Class for seniors – 45 minutes class from 10:45am – 11:30am. Active exercise class for individuals age 55 and over; mix of cardio exercises, strengthening exercises, balance, and coordination. Wear comfortable clothes, and running shoes. Only 25 participants, RSVP by September 30th by phone: 519-434-9114

### FIT CLUB BOOT CAMP
962 Leathorne St. Unit 5, London, ON
Sunday, Oct 23rd at 2 pm
**Family Boot Camp**
An interactive family workout where you will do a variety of bodyweight exercises that will challenge you to work hard. Wear gym clothes, water bottle, proper shoes for turf. 35 participants total. RSVP by October 20th. Phone 519-702-6514

### STEWART STRENGTH & CONDITIONING
Western Fair Sports Centre 865 Florence St., London, ON
Thursday October 6 @ 5:30-6:30pm
**Fundamentals of fitness training**
This class is designed to introduce participants to safe and effective movement practice. We will spend 60 minutes moving through a variety of different exercises challenging your mobility and core. This class will not involve any resistance training (all bodyweight) but introduces key principles for those interested in beginning a resistance training regime. Wear athletic clothing, shorts, athletic pants, running shoes and a t-shirt. Bring your water! Only 12 participants, so RSVP by Monday October 3rd. Phone 519-851-3569

### LONDON CHILDREN’S MUSEUM
21 Wharncliffe Rd. S, London, ON
Every Friday night from 5:00pm-8:00pm
**Free Friday Family Fun Nights**
Come play for FREE every Friday evening from 5 p.m. to 8 p.m. All children 12 and under must be accompanied by an adult. At the Children’s Museum, it’s time for adults to take the backseat and for children to drive the experience! Grow-ups, follow your child’s lead and participate in play today. 519-434-5726

### CITY OF LONDON
Byron Recreation Centre, 1356 Norman Avenue
Tuesdays, Oct 4, 11, 18, & 25th; 10:30-11:30 am
**Free Drumfit Classes**
Take a big exercise ball, a couple drumsticks and great music. Work up a sweat drumming away your stress. Wear running shoes and comfortable exercise clothing. Due to equipment we can only accommodate 24 people per class. Classes are FREE to attend. We will accept people on a first come first serve basis. To register, call 519-661-5575.

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Free Friday Family Fun Nights
**PLAY with us every FRIDAY for FREE**
from 5 p.m. - 8 p.m.

**Children’s MUSEUM**
londonchildrensmuseum.ca

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**we heard you!**
We have a NEW app this year.

1. **Delete the previous in motion™ app.**
2. **Download the NEW in motion™ Community Challenge app from the App Store.**
3. **Register, start moving and track those minutes!**

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Unlock skills, move well & feel great!

**• Performance • Nutrition • Health •**
865 Florence St., London
519.851.3569
MITHCHSTEWARTBLOG.COM

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Looking for a new way to stay active? Learn and discover more about these local London businesses at the following opportunities. Experience activities for all ages and skill levels during the month of October. Clip and save this schedule to help plan your next activity, and visit inmotion4life.ca for a full list of events.

**JUNCTION CLIMBING CENTRE**
1030 Elias Street, Unit 2
Wednesday October 19th, 7:30-8:30pm
One hour Guided Climb
One hour of guided climbing with our friendly instructors. Waivers are required for all participants. Participants under 18 must have their waiver signed by a parent. Waivers can be done at the gym or at junctionclimbing.com/waiver. Wear athletic clothes. No rings. Only 12 participants - RSVP by October 15. Call 519 438 1717. Participants should arrive approximately 15 minutes early to complete waivers.

**CAN-BIKE**
London Police Reporting Centre: in the parking lot, 1001 Brydges St., London
Saturday, October 15th, 9 – 10:30 am and 10:30 am - noon
CANT-AKE Festival – Ride For Life!
FREE Introduction to Key Bike Handling Skills to ride CAN-BIKE Festival – Ride For Life!
9 – 10:30 am and 10:30 am - noon
Saturday, October 15th,
mustingly 15 minutes early to complete waivers.

**FAMILY CENTRE WESTMOUNT**
Reservoir Park, Entrance is across from Westwood Dr., just off Commissioners Road West.
Saturday, October 1st, 10:30am-12pm
"Spy" - A Nature Walk for Families
Come out and explore the neighbourhood park, see what you can discover on the paths & enjoy a healthy snack! We will meet you in the parking lot. Kick off the inmotion challenge with a great walk around the park! Donations for the neighbourhood food cupboard gratefully accepted.

**BOYS & GIRLS CLUB OF LONDON**
184 Horton Street
Sat., October 1st, Drop in from 1-4pm
Get Busy!
Families are invited to join us for an afternoon of activities that will give them moving and let them experience what the Boys & Girls Club has to offer families, youth, and children all year long! Casual, bring your bathing suits. Max 200 people. 519-434-9114

**O.N.E. DROP IN DANCE CENTRE**
236 Dundas St. 2nd floor
Mon, Oct. 3, Mon, Oct. 17th, and
Mon, Oct. 24th, 7:30-9:00pm
Hip Hop classes - Beginner's Adult
15 participants, please call ahead to reserve your place for the session, phone: 226-700-3198. Wear running shoes.

**PRANA YOGA & WELLNESS**
Meet at the bandshell in Victoria Park
Wed, Oct. 5th AND Friday, Oct. 21st
12:00-12:20pm or 12:30-12:50pm
20-minute Mindful Urban Walk
Under the guidance of a team member from Prana Yoga & Wellness, you will be guided through a silent, mindful walk in Victoria Park and surrounding area. In addition to moving your body, enjoy a calmer mind and feeling energized for the second half of your day. Wear non-restrictive and weather appropriate clothing and comfortable walking shoes. Rain or shine! In the event of rain, bring an umbrella! Only 20 participants per walk, so RSVP by Sept 28. Phone 226-234-7565 (or email info@pranayogawellness.ca)

**POWER STROLLER**
Springbank Park 1224 Commissioners Rd West.
West Gate Entrance across from Shoppers Drug Mart off Commissioners Rd in Byron into Parking lot, meet at the washrooms just down the path. Saturday, Oct. 15th 10:00-11:00am
Rain Date Sat., Oct. 22nd 10:00-11:00am
Stroller Fitness Class
Come join us for our one hour class is designed for everyone. During this class our exceptional trainers will help you to maximize your strength, endurance, and cardiovascular performance, sweating it out with other strong women while enjoying time with your babe. Come early to get ready to roll. Wear comfy running shoes, bring water to keep hydrated, and bring two 3-5 lb hand weights. Wear work out clothes, dress in layers as we get quite warm as the class goes on. Dress baby in stroller for the weather, a rain cover is good to have in case of a light drizzle and if its windy. Maximum 36 participants, RSVP by October 10th 2016. Call 519-852-0845 and join our Facebook event In Motion Power Stroller Class

**TWOONIE SWIMS!**
CITY OF LONDON: AQUATICS
$2 All Ages Swims at local aquatic centres
Come for a swim for just $2 at one of the pools in London. Splash and play and have a good time! Pay on arrival.
Saturday October 15 2-4:30pm
Carling Heights Optimist Community Centre, 656 Elizabeth St., 519-661-5575
Tuesday October 11 7:15-9pm
South London Community Pool, 585 Bradley Ave., 519-661-0920
Sunday October 16 3-5pm
Canada games Aquatic Centre, 1045 Wonderland Rd. N, 519-661-4455

**POWERSTROLLER.CA**
519-434-9114
184 Horton St. E
A good place to be
www.bgclondon.ca

**PRANAYOGAWELLNESS.CA**
226-234-7565
pranayogawellness.ca

**SWEAT • SHARE • CONNECT**
An Empowering Community for Mothers
Stroller Training for Mom and Baby
PowerStroller.ca • 519.319.2268

**WEBSITE FOR COURSES!**

**POWERSTROLLER.CA**
www.powerstroller.ca