

September 5th - December 22nd

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:15-8:00 BOOT CAMP		
	*Child minding	8:15-9:15 MIND & MUSCLE	*Child minding		8:30-9:30 STRENGTH & STRETCH	8:30-9:30 YOGA FLOW
	8:30-9:30 TABATA & TONE	9:30-10:15 STRENGTH & STRETCH (for MEN)	8:30-9:30 BOOTY & CORE			
				<i>Visitor Center</i>		
	10:00-10:45 CHAIR STRENGTH	9:00-10:00am MARA FITNESS	10:00-10:45 CHAIR GROOVE	10-10:45 <i>FREE</i> WALKING CLUB	10:00-10:45 CHAIR STRETCH	*9:45-10:30 MOM & BABY YOGA
For Arena Rentals Call 250-838- BOOK (2665)	*11:00-11:30 Lil' Athletics	*10:15-10:45 MARA Lil' Athletics	*11:00-11:30 Lil' Dance Club	12:30-1:15 CARDIO & CORE	10:00-11:00 BOOT CAMP (Sept. 8/15/22)	*9:00-11:00 SKATING LESSONS
			*11:00-11:45 P & T Skate	*1:30-2:00 Lil' Athletics		*9:00-2:00 Stay Safe Course (Nov. 4)
	*1:15-2:00 BODY BALANCE		*1:15-2:00 OSTEOFIT	*2:15-3:00 Jr. Athletics Jr. Fit Club		*9:00-3:00 Babysitting Course (Oct 28)
2:00-3:30 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING	2:00-3:00 PUBLIC SKATING	
CXL when tournaments	*3:30-4:30 SHINNY (12-15)	*3:30-4:15 Jr. Dance Club	*3:00-4:00 SHINNY (9-12)	*3:00-5:00 SKATING LESSONS	*3:15-5:00 ICE HAWKS	
		*4:30-5:15 Jr. Fit Club		5:00-5:45 FIT MIX	6:30-9:00 Volley Ball	
		6:30-7:30 A.L.F - FIT (TBD)		6:30-7:30 MARA YOGA	7:45-8:45 PUBLIC SKATING	
Fitness Fees	Single Time	5x	10x	20x	NEW Season Pass (Sept. to Dec)	
Senior (60+)	\$6.00	\$30.00	\$54.00	\$100.00	\$198.00	Chair classes
Adult (18+)	\$7.00	\$35.00	\$63.00	\$110.00	\$285.00	Regular- Senior
programs with * require pre-registratation					\$325.00	Regular - Adult



