

# SPRING

## RECREATION GUIDE



MARCH TO MAY 2023



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Recreation@enderby.ca  
[www.enderbyrecreation.com](http://www.enderbyrecreation.com)

## Spring Break Schedule *March 20- 31*

Monday	Tuesday	Wednesday	Thursday	Friday
	8:15-9:05am <b>MIND &amp; MUSCLE</b>		7:15-8:00am <b>FIT MIX</b>	8:30-9:30am <b>YIN YOGA</b>
8:30-9:30am <b>TABATA &amp; TONE</b>		8:30-9:30am <b>BOOTY &amp; CORE</b>	9:00-9:50am <b>OUTDOOR ACTIVE</b>	9:30-10:30am <b>MARA YOGA</b>
	9:15-10:15am <b>STRENGTH &amp; STRETCH</b>		10:00am <b>WALK CLUB</b>	10:00-10:45am <b>CHAIR STRETCH</b>
10:00-10:45am <b>CHAIR STRENGTH</b>		10:00-10:45am <b>CHAIR GROOVE</b>		
	<i>March 21st</i>	<i>March 22nd</i>	<i>March 23rd</i>	
	9am-3pm <b>Babysitting Course</b>	9:30am-2:30pm <b>Stay Safe Course</b>	9am-3pm <b>Babysitting Course</b>	Registration on Now for Spring Programs call 250-838-2665 or email recreation@enderby.ca
*1:15-2:00 <b>BODY BALANCE</b>			<i>March 30th</i> 8:30-1:30 <b>FMS Workshop</b>	
			5:00-6:00pm <b>YOGA 4 ALL</b>	
	5:00-6:00pm <b>FIT MIX</b>			

## APRIL 3 - MAY 19

Monday	Tuesday	Wednesday	Thursday	Friday
			7:15-8:00am Boot Camp	
8:30-9:30am TABATA & TONE	8:15-9:05am  MIND & MUSCLE	8:30-9:30am BOOTY & CORE		8:30-9:30am GENTLE
			8:45-9:45am OUTDOOR ACTIVE	YOGA FLOW
	9:15-10:15am FUSION			9:30-10:30am MARA YOGA
10:00-10:45am CHAIR STRENGTH	FIT 10:30-11:00 Lil' Athletics	10:00-10:45am CHAIR GROOVE	10am SPRING WALK CLUB	10:00-10:45am CHAIR STRETCH
11:00-11:30am Lil' Athletics	11:10-11:40 Jr. Athletics	11:00-11:30am Lil' Dance Club		POOL REGISTRATION Sat. April 29 for Local Families and Mon. May 1st for out of community
1:15-2:00 BODY BALANCE FITNESS			2:45-3:30pm Jr. Sport Club	
	5:00-6:00pm FIT MIX		5:00-6:00pm YOGA 4 ALL	
Rates	Drop-in	5x pass	10x pass	20x pass
Senior Fitness (60+)	\$6.00	\$30.00	\$54.00	\$100.00
Adult Fitness (18+)	\$7.00	\$35.00	\$63.00	\$110.00
Spring Walking Club		FREE	Meet at the Visitor Center	
Program Registration				
Early Years Programs (3-5yrs)		\$35.75		
Youth Programs (6-18yrs)		\$49.50	Jr. Drop- In	\$10.00

# YOUTH PROGRAMS

## LIL ATHLETICS

(Ages 3 to 5 with comfy footwear & water bottle)

This program is a high energy 30 min session led by a Fundamental Movements Instructor that will have your pre-school child using games and play to improve their physical literacy skills that build self-esteem and confidence. Watch them run, jumping, skip, throw, catch, and more to prepare them for future sports and an Active Life. This spring we have both indoor and outdoor classes to choose from.

Session I April 3-May 15 Monday 11:00-11:30 am (cxl April 10)  
Session II April 4-May 9 Tuesday 10:30-11:00 am

## LIL DANCE CLUB

(Ages 3 to 5 with comfy footwear & water bottle)

Music and movement are fantastic for little bodies, and this program provides a variety of both. Let your little one sing, dance, clap, drum, and move to beats and rhythms that inspire laughter and imagination.

Session I April 5-May 10 Wednesday 11:00-11:30 am  
Cost: \$37.75 ( 6 classes) @ the Drill Hall

## JR SPORT CLUB

(Ages 6 to 9 with indoor footwear & water bottle)

Our newest Club will have kids enjoying fun drills and games to work on the fundamental movement skills for Soccer and Baseball. The first 3 days will be spent on soccer dribbling, passing and ball control; and the next 3 days on the baseball skills of throwing, catching and hitting.

Session I April 6-May 11 Thursday 2:45-3:30 am  
Cost: \$49.50 ( 6 classes) @ the Drill Hall



# FITNESS PROGRAMS

MONDAY

## Tabata & Tone

8:30 to 9:30 am

*Moderate to High*

20 seconds on and 10 seconds rest through 4 different moves. Includes resistance training with ankle weights, dumbbells, and bands.

## Chair Strength

10:00 to 10:45 am

*Mild to Moderate*

Seated and standing moves, stretching and strengthening to promote flexible joints, improve balance and maintain muscle mass.

## Body Balance

1:15 to 2:00 pm

*Mild*

Fall prevention exercise that builds confidence in mobility and strength. Stations that work on gait, muscle retention, balance and stretching.

TUESDAY

## Mind & Muscle

8:15 to 9:05 am

*Moderate*

Target one muscle group per class and focus on creating a strong mind to muscle connection using proper form and technique.

## Fusion Fit

9:15 to 10:15 am

*Moderate to High*

A blend of higher intensity moves to increase cardio and calorie burn with slow muscle movements with a variety of resistance equipment

## Fit Fix

5:00 to 6:00 pm

*Moderate to High*

Weekly rotating workout programs like: Bootcamp, Cardio Step, Hiit, Dance & Drum, Pilates and more. Check online for schedule.

WEDNESDAY

## Booty & Core

8:30 to 9:30 am

*Moderate to High*

Sculpt and strengthening your abs, back, booty and leg muscles! Define and transform with body weight and resistance training drills.

## Chair Groove

10:00 to 10:45 am

*Mild To Moderate*

A blend of higher intensity moves to increase cardio and calorie burn with slow muscle movements with a variety of resistance equipment

THURSDAY

## Boot Camp

7:15 to 8:00 am

*High*

Work through drills and stations that will target different muscle groups, and build confidence.

## Outdoor Active

8:45 to 9:45 am

*Moderate to High*

Bring your mat and get ready for a full body outdoor workout with modifications as needed

## FREE Walking Club

10:00 to 10:45 am

*Mild to Moderate*

Meet friends to explore Enderby and Area. This group is pet and child friendly

**Yoga 4 all - 5:00 to 6:00 pm** *Mild to Moderate*

for all levels of participants that will focus on stretching, movement, core strength and relaxation.

FRIDAY

## Gentle Yoga Flow

8:30 to 9:30 am

*Mild to Moderate*

Movements are connected to each other in a flowing manner and linking movement with the breath as a primary focus

## Chair Stretch

10:00 to 10:45 am

*Mild To Moderate*

Maintain muscle strength and endurance with resistance training and increase range of movement and relaxation with adapted Chair Yoga moves.