




JULY LAND FIT & PROGRAMS

Monday	Tuesday	Wednesday	Thursday	AUGUST	
8:30-9:30am TABATA & TONE		8:30-9:30am CARDIO & CORE	8:30-9:30am BOOT CAMP @ BARNES PARK	SUNSET YOGA @ Tuey Beach Thur. Aug. 8	PADDLE BOARD YOGA SERIES Aug. 27/28/29
9:45-10:30am CHAIR FIT		9:45-10:30am CHAIR FIT	10:00-10:45am FREE WALKING CLUB		
	SUMMER DANCE CAMPS Tues. & Thurs. 9:00-11:45am July 9-25 <i>Pre-registration required</i>			  	
	*6:00-7:00PM FIT CAMP @ BARNES PARK		*6:00-7:00PM FIT CAMP @ BARNES PARK		
Rates	Drop-in	5x pass	10x pass	20x pass	SUP YOGA
Senior Fit (60+)	\$6.00	\$30.00	\$54.00	\$100.00	<i>See guide for description, cost and registration info</i>
Adult Fit (18+)	\$7.00	\$35.00	\$63.00	\$110.00	
*FIT CAMP	\$10.00	6X PASS - \$45	12X PASS - \$75	*Starts June 18	
WALKING CLUB		FREE	Meet at the Visitor Centre		

