

September 14th - December 19th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>*Childminding</i>			7:15-8:05FIT CAMP		
	8:30-9:30 MIND & MUSCLE	8:30-9:30 TONE & STRETCH	8:30-9:30 RHYTHM & CORE		8:30-9:30 PILATES	PAL Course 8am-5:30pm (Oct. 3)
		9:45-10:30 MIND & MUSCLE (for MEN)		FREE		
	10:00-10:45 CHAIR STRENGTH		10:00-10:45 CHAIR GROOVE	10:00-10:45 WALKING GROUP	10:00-10:45 CHAIR STRETCH	
		*10:45-11:15 LIL' PROGRAMS	*11:00-11:40 "Once Upon A Groove" Multi-generational story and dance 1x per month	Meet @ Visitor Centre 11-11:45 CONNECTION & CRAFTS	*11:00-11:50 FRIDAY FREESTYLE LINE DANCE & MORE	
		New		@ Visitor Center 2 sessions		
	1:00-1:45 BODY BALANCE	1:00-2:00 CHAIR PILATES	1:00-1:45 OSTEO FLEX			
	*2:00-2:30 MINI MOVERS					
		2:00-3:00 PUBLIC SKATING				
		*3:00-4:00 LIL' & JR. ICE HAWKS	*3:15-5:15 JR. & SR. ICE HAWKS	*3:00-5:15 SKATING LESSONS	3:00-5:00 PUBLIC SKATING **CXL when tournaments**	
		*PRE-REGISTER 5:00-5:50 *STRONG & EMPOWERED Sept. 8- Oct. 27		5:00-5:50 SHAPE & SCULPT		
	6:00-7:00 FIT FUSION @ A.L.F				6:15-9:00 VOLLEYBALL at A.L.F.	
2026 Fees	Single Time	5x	10x	20x	Season Pass Sept. to Dec (14 weeks)	
Senior (60+)	\$6.50	\$32.50	\$58.50	\$105.00	\$200.00	Senior Chair Class
Senior (80+)	\$3.25	\$16.25	\$32.50	\$65.00	\$295.00	Senior All Classes
Adult (18+)	\$8.00	\$40.00	\$72.00	\$130.00	\$325.00	Adult All Classes
Childminding	\$2.50	\$12.50	\$20.00			
PROGRAMS	Mini Movers	\$36.00	Ice Hawks 45min	\$75.00	Public Skating	\$FREE
	Lil' Programs	\$42.00	Ice Hawks 60min	\$85.00	Skating Lessons	\$50 / \$75
programs with * require PREREGISTRATION						



