


MARCH 30 - MAY 15

Monday	Tuesday	Wednesday	Thursday	Friday
			7:15-8:00am FIT FUSION	
8:30-9:30am MIND & MUSCLE	8:30-9:30am TONE & STRETCH	8:30-9:30am BOOTY & CORE		8:30-9:30am PILATES
10:00-10:45am CHAIR STRENGTH	9:45-10:30am MEN'S FITNESS	10:00-10:45am CHAIR GROOVE	10:00-10:45am WALKING CLUB (Free)	10:00-10:45am CHAIR STRETCH
	10:00-10:45am *BABY & ME BOOTCAMP		Meet @ Visitor Centre	
1:15-2:00 BODY BALANCE		1:15-2:00pm OSTEO FLEX	12:10-12:55 LUNCH BREAK BURN	
			1:00-2:15 *MINDS IN MOTION	
			2:30-5:00pm *DANCE PROGRAMS	
	3:30-5:30pm *BALL HOCKEY		3:30-5:30pm *BALL HOCKEY	
	5:00-5:55pm PILATES			
6:00-7:00pm FIT FUSION @ALF				
				
Rates	Drop-in	10x pass	20x pass	Pre- Registered Classes
Senior Fit (60+)	\$6.50	\$54.00	\$100.00	Minds in Motion = \$60
Adult Fit (18+)	\$8.00	\$72.00	\$130.00	Baby Boot Camp = \$36
<i>Spring Walking Club</i>		FREE	Meet at the Visitor Centre	
*Spring Program Registration		Starts Tuesday Feb. 24th - ON LINE		
Lil' Programs (3-5yrs)		\$42.00	www.enderbyrecreation.com	
Jr. Programs (6-12yrs)		\$52.00	250-838-2665	
Ball Hockey		\$36 / \$45	email recreation@enderby.ca	