

September 8th - December 19th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:15-8:05 FIT MIX		
	8:30-9:30 MIND & MUSCLE	8:30-9:30 YOGA FLOW	8:30-9:30 BOOTY & CORE	*9:00-9:45 STROLLER FIT (Sept. 11- Oct. 9)	8:30-9:30 PILATES	*9:00-11:00 SKATING LESSONS (Oct. 4- Nov. 8)
	10:00-10:45 CHAIR STRENGTH	9:50-10:40 MIND & MUSCLE (for MEN)	10:00-10:45 CHAIR GROOVE	10:00-10:45 FREE WALKING CLUB	10:00-10:45 CHAIR STRETCH	
C.O.R.E Hunting Course 8am-5pm (Oct. 26)		*11:00-11:30 Lil' NINJA	*11:00-11:30 MINI MOVERS	11-11:30 COMMUNITY CONNECTIONS	11:00-11:45 FLASH MOB FRIDAYS (last Friday Of month)	
For Arena Rentals Call 250-838-BOOK (2665)	*12:30-1:00 Lil' SPORTS CLUB		12:00-1:30 PUBLIC SKATING	 @ Visitor Center Sept 18 / Oct. 9 Nov. 13 / Dec. 11		C.O.R.E Hunting Course 8am-5pm (Oct. 25)
	1:15-2:00 BODY BALANCE		1:15-2:00 OSTEO FLEX			
		2:00-3:00 PUBLIC SKATING		2:00-3:00 PUBLIC SKATING		
3:30-5:00 PUBLIC SKATING **CXL when tournaments**		*3:15-4:00 LIL' & JR. ICE HAWKS	*3:15-5:15 JR. & SR. ICE HAWKS	*3:00-5:00 SKATING LESSONS	3:30-5:00 PUBLIC SKATING **CXL when tournaments**	
			*2:45-4:45pm DANCE PROGRAMS (see guide for Days and times)	*4:00-4:50 TEEN/ ADULT HIP HOP		
		5:00-5:50 CARDIO BEATS	 New Classes	5:00-5:50 BARRE		
6:30-7:45 ADULT SHINNY	6:00-7:00 FIT FUSION @ A.L.F				6:30-9:00 VOLLEYBALL at A.L.F. (starting Sept. 26)	
2025 Fees	Single Time	5x	10x	20x	Season Pass (Sept. to Dec- 15 weeks)	
Senior (60+)	\$6.50	\$32.50	\$58.50	\$105.00	\$200.00	Chair classes
Adult (18+)	\$7.50	\$37.50	\$67.50	\$120.00	\$292.50	Senior – all classes
Childminding	\$2.50	\$12.50	\$20.00		\$325.00	Adult- all classes
PROGRAMS	Mini Movers	\$36.00	Lil' Programs	\$42.00	Public Skating	\$FREE
	Stroller Fit	\$30.00	Jr. Programs	\$60.00	Skating Lessons	varies by session
programs with * require pre-registratation						

