



# January 3<sup>rd</sup> – March 15<sup>th</sup>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		* No class Jan. 9		7:15-8:00 BOOT CAMP		
	*Child minding	8:15-9:15 MIND & MUSCLE	*Child minding	8:30-9:30 BOOTY & CORE		8:30-9:30 STRENGTH & STRETCH
	8:30-9:30 TABATA & TONE					8:30-9:30 YOGA FLOW
		9:30-10:15 MEN'S FIT		FREE		9:45-10:30 FRESH AIR FIT
	10:00-10:45 CHAIR STRENGTH	*10:30-11:00 Lil' Dance Club	10:00-10:45 CHAIR GROOVE	10:00-10:45 WINTER WALKING CLUB	10:00-10:45 CHAIR STRETCH	
		*9:00-11:30 MARA PROGRAMS <small>(see guide for info)</small>				
For Arena Rentals Call 250-838-BOOK (2665)	*11:00-11:30 Lil' Athletes					
	  <b>Monday February 19th 10am-12pm @ Enderby Arena &amp; Curling Club</b>	1:00-1:45 BODY BALANCE	1:00-1:45 OSTEO FIT	1:00-1:45 CHAIR FUSION		For Arena Rentals Call 250-838-BOOK (2665)
			*1:00-1:45 PARENT / TOT SKATE	*2:00-3:30 LIL' & YOUTH PROGRAMS <small>(see guide for info)</small>		
	2:00-3:30 PUBLIC SKATING		*1:45-2:45 ADULT / SR. SHINNY	*3:00-4:00 YOUTH SHINNY	2:00-3:30 PUBLIC SKATING	
2:00-3:30 PUBLIC SKATING				2:00-3:30 PUBLIC SKATING	2:00-3:30 PUBLIC SKATING	
**CXL when tournaments**	*3:30-4:30 Ice Hawks Fun Hockey			*3:00-5:00 SKATING LESSONS		
				5:00-5:45 FIT MIX	6:30-9:00 DROP-IN SPORTS @ ALF	
	6:00-7:00 FIT MIX @ ALF <small>starts Jan. 15</small>			*6:30-7:30 MARA YOGA	7:45-8:45 PUBLIC SKATING	
					**CXL when tournaments**	
<b>Fitness Fees</b>	<b>Single Time</b>	<b>10x</b>	<b>20x</b>	<b>Season Pass</b>	<b>Jan. 3 – March 22</b>	<b>Jan 3 – May 17</b>
<b>Senior (60+)</b>	\$6.00	\$54.00	\$100.00	Senior -Chair classe	\$155.00	\$250.00
<b>Adult (18+)</b>	\$7.00	\$63.00	\$110.00	Senior – All classes	\$180.00	\$295.00
<b>Fitness Passes are good for all Regular Scheduled classes</b>				Adult – All Classes	\$205.00	\$330.00
<b>Public Skating</b>	FREE					
<b>Lil' Programs</b>	\$40.00	<b>All programs with (*) require preregistration. Dates, times and cost can be found in</b>				
<b>Jr. Programs</b>	\$50.00					

**programs with \* require pre-registratation**

<b>Lil' Athletes</b>	Monday	Jan. 8-Feb. 12-	11-11:30am
<b>Lil' Dance</b>	Tuesday	Feb. 6- Mar 12	10:30-11am
<b>Lil' Athlete</b>	Thursday	Jan. 11 -Feb. 15	2-2:30pm
<b>Jr. Athlete</b>	Thursday	Jan. 11 -Feb. 15	2:45-3:30pm
<b>Outdoor Adventures</b>	Thursday	Feb. 29/ March 7/14	2-2:30pm
	Thursday		2:45-3:30pm
<b><u>Mara</u></b>			
<b>Fitness</b>	Tuesday	starting Jan. 9	9:00-10:00am
<b>Lil' Athlete</b>	Tuesday	Jan. 9 -Feb. 13	10:15-10:45am
<b>Fitness</b>	Thursday	starting Jan. 12	6:30-7:30pm