January 3- March 18 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NEW	8:15-9:05am				
NEW	8:30-9:30am	MIND &	8:30-9:30am	*dress for the	8:30-9:30am	
	🔪 TABATA &	MUSCLE	BOOTY &	weather*	RESTORATIVE	
	TONE		CORE	9:00-9:50am	YIN YOGA	
		9:15-10:15am		OUTDOOR	9:30-10:30am	
		STRENGTH &		ACTIVE	MARA YOGA	*9:00-10:15
	10:00-10:45am	STRETCH	10:00-10:45am	10am	10:00-10:45am	Wellness
	CHAIR	10:30-11:00	CHAIR	WINTER	CHAIR	Series
	STRENGTH	Lil' Athletics	GROOVE	WALK CLUB	STRETCH	*pre-register
11:00-11:30am						
Lil' Athletics		11:05-11:50	UnPlug & Play Week - January 21- check our Recreation Guide for awesome ev			
		Jr. Athletics				
NEW *1:15-2:00			February is "Fit for Heart Month"			
	BODY BALANCE					
2-3:30pm	FITNESS	2-3:30pm		2-3:30pm	2.00 2.00	
PUBLIC	*pre-register	PUBLIC		PUBLIC	2:00-3:00pm PUBLIC SKATING	
SKATING		SKATING		SKATING	FODLIC SKATING	
NEW	3:30-4:30pm		3:15-3:45pm			
	YOUTH SHINNY	3:45-4:45pm	Lil' Dance Club	2:30-4:45pm SKATING LESSONS	3:15-5:00pm	
	NEW	VINYASA YOGA	3:45-4:30pm		ICE HAWKS	
		(13-18yrs)	Jr. Dance Club			
	Family Day	5:00-6:00pm		5:00-6:00pm		
	Feb. 21	FIT MIX		YOGA 4 ALL		
Check the Guide for Family Day Activities		Enderby & District		7:45-8:45pm		
		Recreation			PUBLIC	
		Services Dur Place to Play		SKATING		
Fitn	ess Rates:	Drop-in	5x pass	10x pass	20x pass	Follow us on
	Fitness (60+)	\$6.00	\$30.00	\$54.00	\$100.00	
Adult Fitness (18+)		\$7.00	\$35.00	\$63.00	\$110.00	
Body Balance Program		\$45.00			FREE	
Youth Program F Early Years Programs (3-5yrs)		ees \$35.75	Arena Program Rates Skating Lessons 30 min			
Youth Programs (6-18yrs)		\$35.75 \$49.50 - \$65.00	Skating Lessons 30 min Skating Lessons 45 min		\$54.00 \$81.00	
Red Cross Stay Safe (9-11yrs)		\$55.00	Public Skating		FREE	
Babysitting Course (11-15yrs)		\$65.00	Ice Rentals - call 250-838-2665			