



January 5th to March 13th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:15-8:00 FIT FUSION		SPRING WELLNESS WORKSHOP & EVENT March 28th 7am -1:30pm *pre-registration required
	8:30-9:30 MIND & MUSCLE	8:30-9:30 TONE & STRETCH	8:30-9:30 BOOTY & CORE		8:30-9:30 PILATES	
				FREE		
	10:00-10:45 CHAIR STRENGTH	9:45-10:30 MEN'S FIT	10:00-10:45 CHAIR GROOVE	10:00-10:45 WINTER WALKING CLUB	10:00-10:45 CHAIR STRETCH	
	 BC Family Day Mon. Feb. 16th	*10:50-11:20 Lil' Ninja	*11:00-11:30 Lil' Dance		*11:00-11:45 LINE DANCE FOR FUN <i>starts Feb. 6th</i>	
		*11:30-12:00 Lil' Sports				
			12:00-1:30 PUBLIC SKATING			
	1:15-2:00 BODY BALANCE		1:15-2:00 OSTEO FLEX	*1:00-2:15 MINDS IN MOTION		For Arena Rentals Call 250-838-BOOK (2665)
		2:00-3:00 PUBLIC SKATING		2:00-3:00 PUBLIC SKATING		
				*2:45-4:45 DANCE PROGRAMS (see guide for Days and times)		
		*3:15-4:00 LIL' & JR. ICE HAWKS	*3:15-5:15 JR. & SR. ICE HAWKS			
3:30-5:00 PUBLIC SKATING				*3:00-5:00 SKATING LESSONS		 Enderby & District Recreation Services <i>Our Place to Play</i>
		*3:55-4:55 TEEN YOGA For SPORTS				
		5:00-5:55 PILATES FUNDAMENTALS		5:00-5:55 BARRE BLEND		
	6:00-7:00 FIT MIX @ A.L.F.				6:00-8:45 DROP-IN VOLLEYBALL @ A.L.F. <i>2 age groups</i>	
Fitness Fees	Single Time	10x	20x	Season Pass	Jan. 5- March 27	Mar. 30-May 15
Senior (60+)	\$6.50	\$58.50	\$105.00	Senior -Chair classes	\$175.00	\$100.00
Adult (18+)	\$8.00	\$72.00	\$130.00	Senior – All classes	\$250.00	\$135.00
Fitness Passes are good for all Regular Scheduled classes				Adult – All Classes	\$310.00	\$175.00
Minds in Motion – Alzheimer's Support Program			\$60.00	*Register ONLINE @ www.enderbyrecreation.com		
Lil' Programs	\$42.00	ALF DI Youth	FREE			
Jr. Dance	\$60.00	ALF DI Adult	\$5.00			