

# January 5<sup>th</sup> to March 13<sup>th</sup>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:15-8:00 FIT FUSION		
	8:30-9:30 MIND & MUSCLE	8:30-9:30 TONE & STRETCH	8:30-9:30 BOOTY & CORE		8:30-9:30 PILATES	SPRING WELLNESS WORKSHOP & EVENT March 28 <sup>th</sup> 7am -1:30pm *pre- registration required
	10:00-10:45 CHAIR STRENGTH	9:45-10:30 MEN'S FIT  *10:50-11:20 Lil' Ninja  *11:30-12:00 Lil' Sports	10:00-10:45 CHAIR GROOVE  *11:00-11:30 Lil' Dance	10:00-10:45 WINTER WALKING CLUB	10:00-10:45 CHAIR STRETCH	
For Arena Rentals Call 250- 838-BOOK (2665)	BC Family Day Mon. Feb. 16 <sup>th</sup>		12:00-1:30 PUBLIC SKATING		*11:00-11:45 LINE DANCE FOR FUN <small>starts Feb. 6<sup>th</sup></small>	
	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)
3:30-5:00 PUBLIC SKATING		2:00-3:00 PUBLIC SKATING		2:00-3:00 PUBLIC SKATING		
		*3:15-4:00 LIL' & JR. ICE HAWKS	*3:15-5:15 JR. & SR. ICE HAWKS	*2:45-4:45 DANCE PROGRAMS <small>(see guide for Days and times)</small>		
		*3:55-4:55 TEEN YOGA For SPORTS		*3:00-5:00 SKATING LESSONS		
	6:00-7:00 FIT MIX @ A.L.F.	5:00-5:55 PILATES FUNDAMENTALS		5:00-5:55 BARRE BLEND	6:00-8:45 DROP-IN VOLLEYBALL @ A.L.F. <small>2 age groups</small>	
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 @ <a href="http://www.enderbyrecreation.com">www.enderbyrecreation.com</a>		
Lil' Programs	\$42.00	ALF DI Youth	FREE			
Jr. Dance	\$60.00	ALF DI Adult	\$5.00			

