




MARCH 31 - MAY 16

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|---|---|---|-----------------------------------|
| | | | 7:15-8:00am FIT MIX | |
| 8:30-9:30am CIRCUIT BREAKER | 8:30-9:30am MIND & MUSCLE | 8:30-9:30am BOOTY & CORE | Meet @ Visitor Centre 8:45-9:45am OUTDOOR ACTIVE | 8:30-9:30am TONE & STRETCH |
| 10:00-10:45am CHAIR STRENGTH | 9:45-10:30am MEN'S FITNESS 10:45-11:30am WALK & WORKOUT | 10:00-10:45am CHAIR GROOVE | 10:00-10:45am WALKING CLUB (Free) | 10:00-10:45am CHAIR STRETCH |
| 11:00-11:30am *Lil' ATHLETICS | 11:00-11:30 *Lil' NINJA | 11:00-11:30am *Parent/ Tot SPORTS | 11:00-11:45am *JR. OUTDOOR ATHLETICS | 11:00-11:45am MEN'S FITNESS |
| 1:15-2:00 BODY BALANCE | | 1:15-2:00pm OSTEO FIT | | |
| | | | 2:30-3:00pm *Lil' BALLET | |
| | 3:30-5:30pm *BALL HOCKEY (3 age groups) | | 3:10-3:55pm *JR. BALLET | |
| | | | 4:00-4:45pm *JR. DANCE MIX | |
| <i>April Only</i> | | | | |
| 6:00-7:00pm FIT FUSION @ALF |  |  |  | |
| Rates | Drop-in | 10x pass | 20x pass | April/ May Unlimited |
| Senior Fit (60+) | \$6.50 | \$54.00 | \$100.00 | \$97.50 / \$130 |
| Adult Fit (18+) | \$7.50 | \$63.00 | \$110.00 | \$150.00 |
| <i>Spring Walking Club</i> | | FREE | Meet at the Visitor Centre | |
| *Spring Program Registration | | Starts Wednesday Feb. 26th - ON LINE | | |
| Lil' Programs (3-5yrs) | | \$42.00 | www.enderbyrecreation.com | |
| Jr. Programs (6-12yrs) | | \$52.00 | 250-838-2665 | |
| Ball Hockey | | \$36 / \$45 | email recreation@enderby.ca | |