


May 20th – June 27th

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:25am RHYTHM & RESISTANCE	<i>Meet @ Visitor Centre</i> 8:45-9:45am FRESH AIR FITNESS	8:30-9:25am POWER UP CIRCUIT		8:30-9:30am PILATES
9:45-10:30am CHAIR FIT		9:45-10:30am CHAIR FIT	<i>Meet @ Visitor Centre</i> 10:00-10:45am WALKING CLUB	
1:15-2:00pm BODY BALANCE		1:15-2:00pm OSTEO FLEX		
	5:00-5:55pm PILATES	 Recreation Services <i>Our Place to Play</i>		
Rates	Drop-in	5x pass	10x pass	20x pass
Senior Fit (60+)	\$6.50	\$32.50	\$58.50	\$105.00
Adult Fit (18+)	\$8.00	\$48.00	\$72.00	\$130.00
Senior (80+)	\$3.25	\$19.50	\$29.25	\$55.25
Walking Club = FREE				
*Programs that require registration have a cut off 5 days prior to the start date.				

