




# May 20<sup>th</sup> – June 27<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>Meet at the Visitor Centre</i>		May 10-June 21 6:30-7:30am <b>*READY, SET, HiIT</b>
8:30-9:25am <b>TABATA &amp; TONE</b>	<i>*childcare available</i> 8:45-9:45am <b>MIND &amp; MUSCLE</b>	8:30-9:25am <b>CARDIO &amp; CORE</b>	9:00-9:45am <b>FRESH AIR FITNESS</b>	8:30-9:25am <b>PILATES For Beginners</b>	
9:45-10:30am <b>CHAIR FIT</b>		9:45-10:30am <b>CHAIR FIT</b>	10:00-10:45am <b>WALKING CLUB</b>		<b>*PILATES WORKSHOPS</b>
	May 13-June 17 3:30-5:15pm <b>*BALL HOCKEY</b> 3 age groups		11:00-11:30am <b>*LIL' SOCCER</b>	10:00-11:00am <b>*PILATES IN THE PARK</b>	8:30-10:30am @ the Drill Hall Gardener May 24 Golfer – TBA Go-Getter July 19
	6:00-7:00pm <b>*PILATES IN THE PARK</b>	1:15-2:00pm <b>OSTEO FIT</b>	2:45-5:00pm <b>*DANCE CLASS</b>		 
<b>Rates</b>	<b>Drop-in</b>	<b>5x pass</b>	<b>10x pass</b>	<b>20x pass</b>	
Senior Fit (60+)	\$6.50	\$32.50	\$54.00	\$100.00	See guide for locations, cost & descriptions
Adult Fit (18+)	\$7.50	\$37.50	\$63.00	\$110.00	
Fitness / Childcare	\$10.00	\$50.00			
<b><i>Pilates in the Park – must have current fitness pass</i></b>			Ready, Set, HiIT – preregister required (6 sessions)		
<b><i>Pilates Workshops</i></b>		<b>2 hour session with 90 min Pilates workout \$40/ session</b>			
<b><i>Lil' Soccer = \$42 / 6 sessions</i></b>		<b><i>Ball Hockey/ Dance = Lil' &amp; Jr. (\$42) // Sr. (\$52) for 6 sessions</i></b>			
<b>*Programs that require registration have a cut off 5 days prior to the start date.</b>					

