



January 6th to March 15th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				7:15-8:00 FIT FUSION		
	8:30-9:30 TABATA & TONE	8:30-9:30 MIND & MUSCLE	8:30-9:30 BOOTY & CORE		8:30-9:30 STRENGTH & STRETCH	SPRING WELLNESS EVENT March 8 th 7:00-12:30
				<i>FREE</i>		
	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	
	*11:00-11:30 Lil' Athletes	10:45-11:30 FRESH AIR FITNESS & FRIENDS	*11:00-11:30 Lil' Dance Club	10:45-11:30 CONNECTION & CRAFTS	*11:00-11:30 Lil' Ninja	
	12:30-2:00 PUBLIC SKATING		11:00-12:15 PUBLIC SKATING			
	1:15-2:00 BODY BALANCE		1:15-2:00 OSTEO FIT			
	 BC Family Day	2:00-3:30 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING		*1:00-4:00 DANCE PROGRAMS for all ages (see guide for dates & times)
3:30-5:00 PUBLIC SKATING		Mon. Feb. 17 th	*3:00-6:00 DANCE PROGRAMS (see guide for dates & times)		*3:00-5:00 SKATING LESSONS	
				5:00-5:50 BARRE FUSION	6:30-8:30 DROP-IN SPORTS @ A.L.F.	
*6-8pm Restorative Yoga by Candlelight	6:00-7:00 FIT MIX @ A.L.F.				Volleyball Basketball	
Drill Hall Jan. 12 th		 Enderby & District Recreation Services <i>Our Place to Play</i>		7:30-8:30 MARA YOGA	7:45-9:00 PUBLIC SKATING	
Fitness Fees	Single Time	10x	20x	Season Pass	Jan. 6- March 28	Mar. 31-May 16
Senior (60+)	\$6.50	\$54.00	\$100.00	Senior -Chair classes	\$180.00	\$90.00
Adult (18+)	\$7.50	\$63.00	\$110.00	Senior – All classes	\$255.00	\$126.00
Fitness Passes are good for all Regular Scheduled classes				Adult – All Classes	\$315.00	\$147.00
Lil' Programs	\$42.00	ALF DI Youth	FREE	Restorative Yoga	Pre-reg	\$20.00
Jr. Programs	\$52.00	ALF DI Adult	\$5.00		Drop-In	\$25.00

New – Prescribed Nature Wellness

Our newest wellness program encourages the healing powers of nature and community.
 Join us Tuesday & Thursdays for Fresh Air Fitness, Conversation, Connection & Crafts
 \$2 drop-in