


# September 3<sup>rd</sup> - December 20<sup>th</sup>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				7:15-8:00 FIT MIX			
	8:30-9:30 TABATA & TONE	8:30-9:30 MIND & MUSCLE	8:30-9:30 BOOTY & CORE	*9:00-9:45 Jr. ATHLETICS <i>(OUTDOORS)</i>	8:30-9:30 STRENGTH & STRETCH	*9:00-11:00 SKATING LESSONS	
	10:00-10:45 CHAIR STRENGTH	9:45-10:30 MIND & MUSCLE <i>(for MEN)</i>	10:00-10:45 CHAIR GROOVE	10:00-10:45 FREE WALKING CLUB	10:00-10:45 CHAIR STRETCH		
	*11:00-11:30 Lil' SPORTS CLUB	*11:00-11:30 Lil' NINJA	*11:00-11:30 Lil' DANCE CLUB	@ Visitor Center	*9:00-2:00 Stay Safe Course <i>(Sept 27)</i>	*9:00-3:00 Babysitting Course <i>(Sept. 28)</i>	
			11:00-12:15 PUBLIC SKATING				
For Arena Rentals Call 250-838- BOOK (2665)	12:30-2:00 PUBLIC SKATING		*Parent & Tot Skate				
	1:15-2:00 BODY BALANCE		1:15-2:00 OSTEOFIT				
3:30-5:00 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING		2:00-3:30 PUBLIC SKATING		3:00-5:00 ICE HAWKS FUN HOCKEY	
**CXL when tournaments**			*3:30-4:15pm Jr. FIT CLUB	*3:00-5:00 SKATING LESSONS			
	6:00-7:00 FIT FUSION @ A.L.F	5:00-5:50 STRENGTH BOOT CAMP	New Classes	5:00-5:50 FIT MIX <i>(BARRE in Oct)</i>		6:30-9:00 VOLLEYBALL at A.L.F. <i>(starting TBA)</i>	
				7:30-8:30 MARA YOGA	7:45-9:00 PUBLIC SKATING		
<b>2024 Fees</b>	<b>Single Time</b>	<b>5x</b>	<b>10x</b>	<b>20x</b>	<b>Season Pass (Sept. to Dec)</b>		
<b>Senior (60+)</b>	\$6.50	\$32.50	\$54.00	\$100.00	\$198.00	Chair classes	
<b>Adult (18+)</b>	\$7.50	\$37.50	\$63.00	\$110.00	\$285.00	Regular- Senior	
<b>Child Minding</b>	\$2.50/ Child	\$12.50	\$20.00		\$325.00	Regular - Adult	
<b>PROGRAMS</b>	<b>Lil Programs</b>	\$40.00	Skating Lessons	varies by session	Public Skating	\$FREE	
	<b>Jr. Programs</b>	\$50.00	P & T Skating	\$40.00	Adult Shinny	\$60.00	
<b>programs with * require pre-registratation</b>							