

Drop in Fitness Programs HOLIDAY SCHEDULE 2009/2010

December 21 2009 – January 3 2010

Where Healthy Hearts Make Lively Communities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STRETCH & STRENGTH <i>Craigflower</i> 9:00 – 9:55am	MIXED INTERVAL CHALLENGE 6:15 – 7:00am <i>Gym</i>	OSTEOFIT 9:00-9:55am <i>Gym</i>	<p>BOLD denotes classes offered during childminding SHADING denotes lower intensity /impact class.</p> <p>Please note that classes & childminding do not take place on the following days: Dec. 24, 25, 26 & Dec 31, Jan 1, 2, 3</p> <p><u>Come to our FITNESS CLASSES GET TOGETHER</u> Wednesday December 16 10:30am In the Atrium of the Rec Centre <i>Coffee/Tea provided by the Fitness Department</i> <i>Please bring a healthy snack to share with other fitness participants!</i></p> <p>WIN A 3 MONTH PASS <i>Just in time for New Year's Resolutions...</i></p> <p>From Now until December 20, purchase any Personal Training Package and be entered into a draw for a 3 month Recreation Centre Pass. Draw will take place on December 21.</p>			
TOTAL AEROBIC CHALLENGE 9:15-10:10am <i>Gym</i>	BELLYFIT 9:15 – 10:10AM <i>Gym</i>	TOTAL BODY CHALLENGE 9:15-10:10am <i>Gym</i>				
CARDIOFIT 10:15-11:10am <i>Craigflower</i>						
POWER CIRCUIT 12:10-12:55pm <i>Gym</i>	DROP- IN BEGINNER YOGA FLOW 12:10-12:55pm <i>Craigflower</i>	POWER CIRCUIT 12:10-12:55pm <i>Gym</i>				
BOXFIT 5:30-6:25pm <i>Gym</i>	JAZZERCISE 5:15-6:10pm <i>Gym</i>	ATHLETIC DRILL 5:30-6:25pm <i>Gym</i>				

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