

Schedule of Classes: February 2010

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00					Interval Step aerobics 8:00-9:00am Martha		
8:30		Step Aerobics 8:30 - 9:30am Martha		Aerobics 8:30 - 9:30am Martha			
9:00	Aquacize/Pool 8:45 - 9:30am Jane		Aquacize/Pool 8:45 - 9:30am Martha				
9:30		Stretch & Tone 9:30 - 10:15am Martha		Stretch & Tone 9:30 - 10:15am Martha		Step Aerobics Martha	Yoga/Jane 10:00-11:00am
10:00	Aquacize/Pool 9:45 - 10:30am Jane		Aquacize/Pool 9:45 - 10:30am Jane		Aquacize/Pool 9:45 - 10:30am Jane		
11:00			Yoga/Beverly 10:45-11:45am NSR		Yoga/Beverly 10:45-11:45am		Pickleball/ Badminton 10:30
12:00							
1:00							
2:00							
3:00							
4:00							
5:00				Pickle ball/ Badminton 5:00-6:30pm MPR			
5:30	Pilates/Beverly 5:30 - 6:30pm NSR	Pickle ball/ Badminton 5:00-6:30pm MPR	Pilates/Beverly 5:30 - 6:30pm NSR	Yoga/Beverly 5:30 - 6:30pm NSR			
6:00							
6:30							

Saturday Step Class is Back
 Come and join us Saturday mornings from 9:30 – 10:45 for an energizing Step class with Martha Peters
 All levels are welcome - Free for members
 Non-members are welcome - please phone the front desk for pricing details 250.468.5303
 Classes start Saturday January 16, 2010

Yoga
 Yoga classes are held 4 times a week now.
 Please bring your own mat
 Wednesday 10:45am~11:45am
 Thursday 5:30pm~6:30
 Friday 10:45am~11:45am
 and Sundays 10am~11am with Jane Riley
 Members: \$80 for 10 class-punch card, \$10 drop in.
 Non Members: \$120 for 10 class-punch card, \$14 drop in

Centre Hours
 Mon ~ Wed 7:30am ~ 9:00pm
 Thurs & Fri 7:30am ~ 8:00pm
 Saturday & Sunday 9:00am ~ 5:00 pm
 Holidays 9:00—5:00pm
 Phone: 468-5303
No classes on Holidays
http://www.fairwinds.ca/fairwinds_centre.htm
<http://www.fairwinds.ca>

19.10.08 17.10