

SUMMER (JULY & AUGUST)

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
8:00 - 9:00am		8:00 - 9:00am	8:30 - 9:30am	8:00 - 9:00am	8:00 - 8:50am
Morning Fitness (16+)		Morning Fitness (16+)	Total Body Boot Camp (16+)	Box Step Fitness (16+)	Pilates/Barre (16+)
Tanya - Gym		Tanya - Gym	Farrantina - Gym	Tanya - Gym	Justine - Gym
9:15 - 10:15am	10:00 - 12:00pm	9:15 - 10:15am	9:45 - 10:45am	9:15 - 10:15am	9:00 - 10:00am
Chair Yoga (16+)	Art with Katia (16+)	Chair Yoga (16+)	Hatha Yoga (16+)	Chair Yoga (16+)	Karate - Adult & Youth(7+)
Helen - Gym	Katia - Boardroom	Helen- Gym	Krystalyn - Gym	Krystalyn - Gym	Roberto & John - Gym
10:30am - 12:00pm		12:30 - 2:30pm	11:00am - 1:00pm	10:00 - 12:00pm	10:00am - 12:00pm
Tai Chi Shindo (16+)		Pickleball (16+)	Woodcarving Advanced (12+)	Adult Woodcarving (9+)	Woodcarving (9+)
Roberto - Gym		Gym	John - Boardroom	John - Boardroom	John - Boardroom
					10:15 - 11:15am
12:30 - 2:30pm				12:30 - 2:30pm	Hatha Yoga (16+)
Pickleball (16+)				Pickleball (16+)	Keri - Gym
Gym				Gym	
					11:30 - 12:15pm
					Youth Fun Zone (4-7)
					Miller & Jaden - Gym
					12:15 - 1:30pm
5:30 - 6:30pm	5:30 - 7:30pm	5:40 - 6:20pm	5:45 - 6:45pm	5:30 - 7:30pm	Youth Baking (6+)
Youth Beach Volleyball(6-8/9+)	Woodcarving (9+)	Teeny Ballerina (3-6yrs)	Hip Hop/Dance Fusion (5+)	Youth Woodcarving (9+)	Brooklyn & Jorja - Upper Hall
Abby & Cait - Park	John - Boardroom	Hailey & Andee - Upper Hall	Brooklyn & Andee - Gym	John & Anita - Boardroom	
					12:30 - 1:15pm
5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:45pm	5:45 - 6:30pm	5:45 - 6:45pm	Youth Fun Zone (8+)
Youth Karate (7+)	Youth Floor Hockey (6+)	Youth Basketball (6+)	Jr. Science (4+)	Youth Soccer Skills (6+)	Miller & Jaden - Gym
Roberto & John - Gym	Mason & Miller - Gym	Miller & Mason - Gym	Jorja & Grace - Upper Hall	Mason & Miller - Richmond	
					1:30 - 3:00pm
5:45 - 7:00pm	5:45 - 7:00pm	6:00 - 7:00pm	6:00 - 8:00pm	5:45 - 7:00pm	Raquet Sports (6+)
Youth Baking (6+)	Youth Baking (6+)	Jr. Art Club (9+)	Beach Volleyball Drop-In (16+)	Youth Cooking (8+)	Miller & Mason - Gym
Charlene & KC - Upper Hall	Emily & Kaitlyn - Upper Hall	Michelle - Boardroom	Park	Kaitlyn & Andee - Upper Hall	
		<i>Session 1-July 2, 9 & 16</i>			
6:45 - 7:45pm	6:00 - 8:00pm	<i>Session 2-July 23, 30 & Aug 6</i>	6:45 - 7:30pm	5:45 - 6:45pm	
Youth Beach Volleyball(9-12/13-16)	Beach Volleyball Drop-In (16+)	<i>Session 3-Aug 13, 27, Sep 3</i>	Jr. Science (4+)	Kickboxing (16+)	
Abby & Cait - Park	Park		Jorja & Grace - Upper Hall	Mike - Gym	
7:00 - 8:00pm	7:00 - 8:00pm	6:25 - 7:15pm	6:45 - 7:45pm	7:00 - 8:00pm	
Hatha Yoga (16+)	Zumba (16+)	Ballet Basics (7+)	Crafty Creations (7+)	All Ages Zumba (7+)	
Keri - Gym	Suyeska - Gym	Hailey - Upper Hall	Charlene & Caroline - Boardroom	Yenny - Gym	
		7:00 - 8:00pm	7:00 - 8:00pm	7:15 - 8:15pm	
		Total Body Conditioning (16+)	Zumba Gold (16+)	Restorative Yoga (16+)	
		Lina - Gym	Yenny - Gym	Krystalyn -Upper Hall	