

February 2012

changes

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Center Band Members: FREE/ Community & Staff: \$1 Non-Community: \$30 month or \$2 drop in				
ELDERS FITNESS 10AM-11AM OPEN 8AM-4PM; 5:30PM-8PM	OPEN 8AM-4PM; 5:30PM-8PM YOUTH FITNESS (13-18 YEARS OLD) 3PM-4:30PM	ELDERS FITNESS 10AM-11AM OPEN 8AM-4PM; 5:30PM-8PM	OPEN 8AM-4PM; 5:30PM-8PM YOUTH FITNESS (13-18 YEARS OLD) 3PM-4:30PM	OPEN 8AM-4PM 
Evening Recreation in the Gym Band Members: FREE/ Community & Staff: \$1 Non-Community: \$30 month or \$2 drop in Open at 5:30pm, close at 8pm.				
OPEN SPORTS NIGHT NIGHT 6PM-7:30PM	MENS HOCKEY 6PM-7:30PM 	OPEN SPORTS NIGHT 6PM-7:30PM 	CO-ED HOCKEY 6PM-7:30PM 	CLOSED P.M.

Gym Orientation: Don't feel intimidated. If you are new to the fitness gym and want to learn correct form and safe methods, contact Keena. Includes tour of fitness center and instructions on how to properly use the equipment. 18+

Suggestions? If you have any ideas for recreation programs or Sports competitions, talk to Keena or email keena@seabirdisland.ca.