



# February 2023

250-282-5500



## KELSEY CENTRE GYM & WEIGHT ROOM SCHEDULE

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
<b>WEIGHT ROOM OPEN</b> 9:00am - 7:00pm	<b>WEIGHT ROOM OPEN</b> 9:00am - 7:00pm	<b>WEIGHT ROOM OPEN</b> 9:00am - 8:00pm	<b>WEIGHT ROOM OPEN</b> 12:00pm - 4:00pm
<b>AEROBICS</b> ALL FITNESS LEVELS 10:30am - 11:30am DROP IN	<b>SENIORS CARPET BOWLING</b> 9:30am - 11:30am	<b>AEROBICS</b> ALL FITNESS LEVELS 10:30am - 11:30am DROP IN	<b>INDOOR WALKING GYM</b> 12:00pm - 2:00pm WEEKLY CHALLENGES
<b>PARENT &amp; TOT GYM TIME</b> 12:30pm - 2:00pm SNACK PROVIDED	<b>AEROBICS</b> ALL FITNESS LEVELS 1:15pm - 2:15pm DROP IN	<b>SENIORS SOCIAL GROUP</b> 11:00am - 2:00pm CRIB & CRAFTS & SNACKS NEW CRAFTS <b>NEW</b>	<b>FAMILY OPEN GYM</b> 2:00pm - 4:00pm
<b>AFTER SCHOOL PROGRAM</b> 5-10 years 2:30pm - 4:30pm	<b>AFTER SCHOOL PROGRAM</b> 5-10 years 2:30pm - 4:30pm	<b>AFTER SCHOOL PROGRAM</b> 5-10 years 2:30pm - 4:30pm	<b>Facility Bookings Available</b>  -  <b>Themed Birthday Party Rentals</b>  -  <b>Call for more details</b>
<b>AEROBICS</b> ALL FITNESS LEVELS 5:00pm - 6:00pm DROP IN	<b>OPEN GYM ALL AGES</b> 4:30pm - 6:00pm	<b>AEROBICS</b> ALL FITNESS LEVELS 5:00pm - 6:00pm DROP IN	
<b>INDOOR WALKING GYM</b> 6:00pm - 7:00pm WEEKLY CHALLENGES	<b>YOGA</b> 6:00pm - 7:00pm <u>6wk Registered Program</u> <u>Feb 22 - Mar 29</u>	<b>TEEN NIGHT</b> 11 YEARS & UP 6:00pm - 8:00pm <b>NEW</b>	

### FEBRUARY SPECIAL EVENTS:

Teen Nights: Friday Nights 6pm - 8pm (FREE)

Registered Beginner Yoga Class: 6wk program \$70.00

Seniors Lunch: Feb. 1st & 15th 12pm - 2pm

Folk Music Concert: Feb. 12th 7pm - 9pm (DON ALDER)

**FEBRUARY 20TH CLOSED FOR FAMILY DAY**

### **Open Gym ALL Ages**

Open gym is unstructured activity time where the gymnasium is available to youth, families and community members. Basketball, Volleyball, Hockey or any activity that promotes physical movement is encouraged

### **Family Open Gym**

Family gym is a non-instructional drop-in program. There are no age restrictions for family gym and parents are encouraged to participate with their children in free play. There is access to a variety of different sports equipment to make it a fun active environment.