



**MAY 2023**

250-282-5500



**KELSEY CENTRE GYM & WEIGHT ROOM SCHEDULE**

<b>MONDAY</b> 10:30am - 5:30pm	<b>WEDNESDAY</b> 12:00pm - 7:00pm	<b>FRIDAY</b> 12:00pm - 8:00pm
<b>WEIGHT ROOM OPEN</b> 10:30am - 5:30pm	<b>WEIGHT ROOM OPEN</b> 12:00pm - 7:00pm	<b>WEIGHT ROOM OPEN</b> 12:00pm - 8:00pm
<b>AEROBICS</b> ALL FITNESS LEVELS 10:30am - 11:30am DROP IN	<b>SENIORS LUNCHEON</b> 12:00pm - 2:00pm May 3rd & May 24th	<b>SENIORS SOCIAL GROUP</b> 12:00pm - 2:00pm Cost \$ 4.00
<b>PARENT &amp; TOT GYM TIME</b> 11:30am - 2:00pm SNACK PROVIDED	<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>YOGA</b> 6:00pm - 7:00pm <b>VINYASA</b> <b>BEGINNER LEVEL</b> Cost \$12.00	<b>AEROBICS</b> ALL FITNESS LEVELS 5:00pm - 6:00pm DROP IN
		<b>TEEN NIGHT</b> 11 YEARS & UP 6:00pm - 8:00pm

**MAY SPECIAL EVENTS:**

- TEEN NIGHTS:** Friday Nights 6pm - 8pm (FREE)
- DROP-IN BEGINNER YOGA:** Wednesdays 6pm - 7pm (\$12.00)
- SENIOR'S LUNCH:** May 3rd & 24th 12:00 pm- 2:00pm (FREE)
- FOLK MUSIC CONCERT:** May 14th (Mark Wonneck and Peter Van Camp)
- ISLAND HEALTH COVID CLINIC** May 17th 10am- 12pm
- VICTORIA DAY CLOSURE:** May 22nd
- SESONAL CLOSURE:** May 31st

Themed Birthday Party Rentals available, contact the Kelsey Centre for more information!  
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