

KELSEY CENTRE GYM & WEIGHT ROOM

WINTER SCHEDULE JANUARY - MARCH 2025

MONDAY 9:00AM - 7:00PM	TUESDAY 2:00PM - 7:00PM	WEDNESDAY 9:00AM - 7:00PM	THURSDAY 2:00PM - 7:00PM	FRIDAY 1:00PM - 9:00PM
AEROBICS ALL FITNESS LEVELS 9:30 - 10:30AM	AFTER SCHOOL PROGRAM 2:30 - 4:30PM 5-11 YEARS	SENIORS CARPET BOWING 9:30 - 11:45AM <i>FREE PROGRAM</i>	AFTER SCHOOL PROGRAM 2:30 - 4:30PM 5-11 YEARS	SENIORS CRIB & CRAFTS 1:00 - 2:15PM <i>Drop in</i>
SHUFFLE BOARD & PING PONG 10:30 - 12:30PM	AEROBICS ALL FITNESS LEVELS 5:30 - 6:30PM	AFTER SCHOOL PROGRAM 5-11 YEARS 2:30 - 4:30PM	AEROBICS ALL FITNESS LEVELS 5:30 - 6:30PM	PARENT & TOT GYM 1:00 - 2:15PM <i>Drop in</i>
AFTER SCHOOL PROGRAM 5-11 years 2:30 - 4:30PM		MUAY THAI 4:30 - 6:00PM <i>Registered Set</i>		AFTER SCHOOL PROGRAM <u>5-11 YEARS</u> 2:30 - 4:30PM
PICKLE BALL 6:00 - 7:00PM <i>Drop in</i>		MUAY THAI 6:00 - 7:00PM <i>Drop in</i>		MUAY THAI 4:30-6:00PM <i>Registered Set</i>
WEIGHT ROOM & SAUNAS ARE ALWAYS AVAILABLE DURING OPERATING HOURS				MUAY THAI 6:00-7:00PM <i>Drop in</i>
Check out our Facebook page, or the Sayward Newsletter for other specialty programs and events!				TEEN NIGHT AGES 11+ 6:00-8:00PM

SPECIAL EVENTS:

JANUARY:

- **MUAY THAI TRAINING:**
- Jan 8th, 4:30- 6pm Wednesdays & Fridays (registered class),
- Jan 8th, 6-7pm Wednesdays & Fridays (drop in classes)
- **PRO D DAY CAMP:** Jan 17th, 12-3pm

FEBRUARY:

- **VALENTINES DAY CAMP:** Feb 14th, 4:30 - 8pm
- **PRO D DAY CAMP:** Feb 18th, 1:30 - 4:30pm
- **FAMILY MOVIE NIGHT:** Feb 21st, 6-8pm

MARCH:

- **SPRING BREAK CAMPS:** Mar 17th-28th
- **PRO D DAY CAMP:** Mar 31st, 1:30-4:30pm

