



JUNE IS RECREATION MONTH



FITNESS CLASSES ARE FREE THROUGHOUT JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 MAY JRM Kick-Off Event 11am-2pm RP Dog Walk Day	1 Yoga 9:30-10:30am-RP Barre 5:15-6:00pm-RP ABC 5:15-6:00pm-AFC	2 Muscle Pump 9:30-10:30am-RP Strength & Conditioning 5:15-6:00pm-AFC	3 Yoga 9:30-10:30am-RP Aquafit 10:05-10:50am-DDH Power Yoga 5:15-6:00pm-RP	4 Muscle Pump 9:30-10:30am-RP Yoga 12:00-12:45pm-RP Bootcamp 5:15-6:00pm-AFC	5 Family Fitness 9:30-10:30am-RP	6 Aloha Dance 6-9 pm SS
7	8 Yoga 9:30-10:30am-RP Barre 5:15-6:00pm-RP ABC 5:15-6:00pm-AFC	9 Muscle Pump 9:30-10:30am-RP Strength & Conditioning 5:15-6:00pm-AFC Lazer Tag 6-8:00pm-SS	10 Yoga 9:30-10:30am-RP Aquafit 10:05-10:50am-DDH Power Yoga 5:15-6:00pm-RP	11 Muscle Pump-9:30-10:30am RP Yoga-12:00-12:45pm-RP Bootcamp-5:15-6:00pm-AFC Warzone Dodgeball 6-9:00pm-RP	12 Family Fitness 9:30-10:30am-RP	13 Beach Breakout 5-7:30 pm Fitness Showcase 1:00-2:00pm RP
14	15 Yoga 9:30-10:30am-RP Barre 5:15-6:00pm-RP ABC 5:15-6:00pm-AFC	16 Muscle Pump 9:30-10:30am-RP Strength & Conditioning 5:15-6:00pm-AFC	17 Yoga 9:30-10:30am-RP Power Yoga 5:15-6:00pm-RP	18 Muscle Pump 9:30-10:30am-RP Yoga 12:00-12:45pm-RP Bootcamp 5:15-6:00pm-AFC	19 Family Fitness 9:30-10:30am-RP	20
21 Free Tentative Kayak/SUP Rentals- Weather Dependent BBB	22 Yoga 9:30-10:30am-RP Barre 5:15-6:00pm-RP ABC 5:15-6:00pm-AFC	23 Muscle Pump 9:30-10:30am-RP Strength & Conditioning 5:15-6:00pm-AFC	24 Kidz 1st Game Night 4-9 5-6:30pm-RP Board Game Night 18+ 7-9 pm-RP Yoga- 9:30-10:30am-RP Aquafit- 10:05-10:50am-DDH Power Yoga-5:15-6:00pm-RP	25 Muscle Pump 9:30-10:30am-RP Yoga 12:00-12:45pm-RP Bootcamp 5:15-6:00pm-AFC	26 Family Fitness 9:30-10:30am-RP	27
28 Youth Sports Performance Training 11:30-12:15pm RP	29 Yoga 9:30-10:30am-RP Barre 5:15-6:00pm-RP ABC 5:15-6:00pm-AFC	30 Muscle Pump 9:30-10:30am-RP Strength & Conditioning 5:15-6:00pm-AFC				

DDH- Dundonald Hall
 AFC- Army Fitness Centre
 BBB- Black Bear Beach

RP- Recreation Complex
 SS- South Side Community Centre

Pick up your Scavenger Hunt form at our Kick- Off event on May 31 at the RP, then submit it by June 15 at the SS or RP for a chance to win prizes!