

fitWEEK

JANUARY 5-11

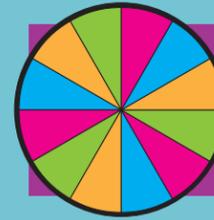
1607 90 Avenue SW • 403-253-8600 • www.calgaryjcc.com

ALL Programs • ALL Week • ALL Free

fitWEEK is open to everyone – so bring a friend to enjoy!



THIS WEEK ONLY
BUY A 14 MONTH MEMBERSHIP
FOR THE PRICE OF 12*
*NEW MEMBERS ONLY



**BUY A MEMBERSHIP OR
REGISTER FOR A CLASS****
AND SPIN TO WIN GREAT PRIZES!
**SOME RESTRICTIONS APPLY

**TRY NUTRITIOUS AND
DELICIOUS SNACKS
EVERY DAY!**



MON 5	TUES 6	WED 7	THURS 8	FRI 9	SAT 10	SUN 11
<p>8:30-9:15a deep water</p> <p>9:20-10:05a shallow water</p> <p>10:15-11:00a as you choose</p> <p>11:00a-12:00p get going</p> <p>12:30-1:30p easy going</p> <p>5:00-6:00p swim fit (8+)</p> <p>4:30-5:15p soccer</p>	<p>8:15-9:00a tether</p> <p>9:00-10:00a cardio kickboxing</p> <p>9:15-10:00a aqua zen</p> <p>9:30-11:20a spinmomm</p> <p>10:15-11:00a keep going</p> <p>11:00a-12:00p get going</p> <p>12:15-1:00p care intermix</p> <p>4:15-5:15p empowered (11-16)</p> <p>4:15-5:00p basketball</p> <p>5:15-6:00p basketball</p> <p>6:00-6:45p trx kettlebell training</p> <p>6:15-7:00p tether</p>	<p>6:15-7:15a level 1 iyangar yoga</p> <p>8:30-9:15a deep water</p> <p>9:15-10:00a trx kettlebell training</p> <p>9:20-10:05a shallow water</p> <p>9:30-10:30a gears</p> <p>10:15-11:00a as you choose</p> <p>11:00a-12:00p get going</p> <p>12:15-1:00p ain't no playground</p> <p>12:30-1:30p easy going</p> <p>4:15-5:15p unleashed (11-16)</p> <p>4:15-5:00p badminton</p> <p>5:00-6:00p swim patrol (8+)</p> <p>5:15-6:00p rock climbing</p> <p>6:45-7:45p women's intro to weights</p>	<p>fitness kids teens aquafit seniors</p> <p>8:15-9:00a tether</p> <p>9:00-10:00a cardio kick boxing</p> <p>9:30-11:20a spinmomm</p> <p>10:15-11:00a keep going</p> <p>11:00a-12:00p core ball class</p> <p>11:00a-12:00p get going</p> <p>12:15-1:00p care intermix</p> <p>6:00-6:45p trx kettlebell training</p> <p>7:15-8:00p aqua variety</p>	<p>DAILY GROUP EXERCISE CLASSES OFFERED DOWNLOAD SCHEDULE AT WWW.CALGARYJCC.COM</p> <p>8:30-9:15a deep water</p> <p>9:15-10:00a trx kettlebell training</p> <p>9:20-10:05a shallow water</p> <p>10:15-11:00a chair dancing</p> <p>10:15-11:00a as you choose</p> <p>11:00a-12:00p get going</p> <p>12:00-12:45p the burner</p> <p>www.calgaryjcc.com/fitweek</p>	<p>10:00-10:45a aqua variety</p>	<p>WELLESSEXPO 10:00am - 2:00pm sample from local health and wellness vendors ***** 10:00am show me the weigh seminar by nutritionist Andrea Holwegner ***** 11:00am stay injury free seminar by Dr. Reed Ferber ***** 12:00pm healing with ancient oils ***** 1:00pm float nation documentary screening ***** 10:00-10:30a swim to survive challenge (5-8) 10:30-11:00a aqua ballet (5-8) 11:00-11:30a aqua sport (5-8)</p>