

# APRIL

# PEMBERTON & DISTRICT COMMUNITY CENTRE

# HEALTH & WELLNESS CALENDAR

## Monday

### TABATA

With Michelle  
April 12 - 26  
9:15 - 10:15 am

### STRENGTH & SCULPT

With Michelle  
April 12 - 26  
5:15 - 6:15 pm

### BROGA

With Catherine  
April 12 - 26  
7 - 8 pm

## Tuesday

### RISE & SHINE

April 6 - 27  
6 - 7 am

### BODY BUSTER

April 6 - 27  
7:30 - 8:30 am

### 50+ ONLINE STRENGTH TRAINING

With Michelle  
April 6 - 27  
9 - 9:45 am

### STRONG

With Anngela  
April 6 - 27  
9:15 - 10:15 am

### FLOW YOGA

With Julia  
April 6 - 27  
5:15 - 6:15 pm

### YIN YOGA

April 6 - 27  
6:45 - 7:45 pm

## Wednesday

### GLUTES, ABS & ROLL

April 7 - 28  
6 - 6:45 am

### RUN CLUB

Ends: May 26  
7 - 8 am

### POWER MUSCLE HOUR

With Anngela  
April 7 - 28  
9:15 - 10:15 am

### MOM & BABY FITNESS

April 7 - 28  
10:45 - 11:45 am

### 50+ WALKING CLUB

Ongoing  
11:30 am - 12:30 pm

### MUSCLE UP

With Michelle  
April 7 - 28  
5:15 - 6:15 pm

## Thursday

### SLOW BURN

April 8 - 29  
6 - 7 am

### STRENGTH & SCULPT

With Lara  
April 8 - 29  
9:15 - 10:15 am

### TABATA

With Lara  
April 8 - 29  
5:15 - 6:15 pm

## Friday

### RUN CLUB

Ends: May 28  
6 - 8 am

### 50+ ONLINE CHAIR YOGA

With Ethlyn  
April 8 - 30  
8:45 - 9:30 am

### TOTAL BODY SCULPT

With Michelle  
April 9 - 30  
9:15 - 10:15 am

## Saturday

### GENTLE YOGA

With Catherine  
April 10 - 24  
10:15 - 11:15 am



### VALUE ADDED CLASSES

Listed in orange are included in your Fitness Centre membership for no additional cost.

All levels welcome!

Sign up at [www.pembertonrecreation.ca](http://www.pembertonrecreation.ca)