

MAY

PEMBERTON & DISTRICT COMMUNITY CENTRE

HEALTH & WELLNESS CALENDAR

Monday

OUTDOOR FITNESS

With Michelle
May 3 - 31
9:15 - 10:15 am

Tuesday

RISE & SHINE

May 4 - 25
6 - 7 am

50+ ONLINE STRENGTH TRAINING

With Michelle
May 4 - 25
9 - 9:45 am

OUTDOOR YOGA

With Catherine
May 4 - 25
9:15 - 10:15 am

Wednesday

RUN CLUB

Ends: May 26
7 - 8 am

OUTDOOR FITNESS

With Anngela
May 5 - 26
9:15 - 10:15 am

50+ WALKING CLUB

Ongoing
11:30 am - 12:30 pm

Thursday

SLOW BURN

May 6 - 27
6 - 7 am

OUTDOOR YOGA

With Julia
May 4 - 25
9:15 - 10:15 am

Friday

RUN CLUB

Ends: May 28
6 - 8 am

50+ ONLINE CHAIR YOGA

With Ethlyn
May 7 - 28
8:45 - 9:30 am

OUTDOOR FITNESS

With Michelle
May 7 - 28
9:15 - 10:15 am

Saturday



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