

JUNE

PEMBERTON & DISTRICT COMMUNITY CENTRE

HEALTH & WELLNESS CALENDAR

Monday

OUTDOOR FITNESS

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

STROLLER FIT

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

STRENGTH & SCULPT

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

Tuesday

RISE & SHINE

Jun 1 - 29
6 - 7 am

50+ ONLINE STRENGTH TRAINING

With Michelle
Jun 1 - 29
9 - 9:45 am

OUTDOOR YOGA

With Catherine
Jun 1 - 29
9:15 - 10:15 am

FLOW YOGA

With Julia
Jun 1 - 29
5:15 - 6:15 pm

YIN YOGA

Jun 1 - 29
6:45 - 7:45 pm

Wednesday

SUMMER RUN CLUB

Jun 2 - Jul 28
7 - 8 am

OUTDOOR FITNESS

With Anngela
Jun 2 - 30
9:15 - 10:15 am

50+ WALKING CLUB

Ongoing
11:30 am - 12:30 pm

TABATA

With Michelle
Jun 2 - 30
5:15 - 6:15 pm

Thursday

SLOW BURN

Jun 3 - 24
6 - 7 am

OUTDOOR YOGA

With Julia
Jun 3 - 24
9:15 - 10:15 am

Friday

SUMMER RUN CLUB

Jun 4 - Sep 3
6 - 8 am

50+ ONLINE CHAIR YOGA

With Ethlyn
Jun 4 - 25
8:45 - 9:30 am

OUTDOOR FITNESS

With Michelle
Jun 4 - 25
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

