

DROP IN RECREATION FITNESS SCHEDULE

ESTEVAN LEISURE CENTRE - FEBRUARY BREAK 2019

EFFECTIVE -February 17, 2018 - February 23, 2018						
Sunday, Feb. 17	Monday, Feb. 18	Tuesday, Feb. 19	Wednesday, Feb. 20	Thursday, Feb. 21	Friday, Feb. 22	Saturday, Feb. 23
		SPIN 6:10 am - 6:50 am	GRIT 6:10 am - 6:50 am	SPIN 6:10 am - 6:50 am	GRIT 6:10 am - 6:50 am	
		AQUA AWE 9:00 am - 9:45 am	AQUA AWE 9:00 am - 9:45 am	AQUA AWE 9:00 am - 9:45 am		
		SPIN 9:10 am - 9:50 am	GRIT 9:10 am - 9:50 am	SPIN 9:10 am - 9:50 am	GRIT 9:10 am - 9:50 am	
		SCULPT 10:10 am - 10:50 am		SCULPT 10:10 am - 10:50 am		
		TWINGES & HINGES 10:00 am - 11:00 am	EASY STRETCH 10:10 am - 10:50 am	TWINGES & HINGES 10:00 am - 11:00 am	EASY STRETCH 10:10 am - 10:50 am	
		YOUTH BOOT CAMP 11:00 am - 1:00 pm	YOUTH BOOT CAMP 11:00 am - 1:00 pm	YOUTH BOOT CAMP 11:00 am - 1:00 pm	YOUTH BOOT CAMP 11:00 am - 1:00 pm	
		SCULPT LIGHT 1:00 pm - 1:40 pm		SCULPT LIGHT 1:00 pm - 1:40 pm		
EVENING						
		SPIN 5:30 pm - 6:10 pm	CARDIO BOOT CAMP 6:15 pm - 7:00 pm	SPIN 5:30 pm - 6:10 pm		
		GRIT 6:00 pm - 6:45 pm		GRIT 6:00 pm - 6:45 pm		

SPIN CLASS has changed to a Drop In Program that is included in your Facility Membership/Daily Pass. If you would like to reserve a bike, the cost is \$5/class for Facility Membership holders. For non-members, the cost is \$10/class, this reservation fee will only allow access to Spin Class.

Don't see what you are looking for?
Do you have an idea for something we should try?
Please contact the Recreation Program Coordinator
at 306-634-1880.
We would love to hear your ideas!



Schedule Subject to Change. Please visit www.estevan.ca for updates on closures and cancellations. Proper footwear and exercise wear is required to participate. Please note during school breaks, (Teachers Conventions, Spring Breaks and Christmas Breaks) Fitness, Aquatic Centre and arena schedules may vary. Please visit our live schedules at www.estevan.ca

