

HEALTH & WELLNESS OPEN HOUSE

# FAMILY DAY

SCHEDULE

MON, FEB. 18, 2019

**Bring the family to take part in  
FREE Family Day activities**

**Celebrate the opening of the renovated Fitness Centre with lots of prizes and giveaways including an annual fitness pass.**

8:00am - 8:00pm Free Drop-in to the Fitness Centre

**10:00 - 10:30am Get revved up with Rock & Beau Family Dance Party!**

**Registered Classes - Please pre-register to reserve your spot.  
Space is limited.**

10:45 - 11:15am Family Dance Combo #2729109 / Activity Rm  
Laughter Yoga #2729115 / Banquet Hall

11:25 - 11:55am Family Dance Combo #2729110 / Activity Rm  
Yoga:Play #2729116 / Banquet Hall

12:15 - 12:45pm Boot Camp #2729113 / Activity Rm  
Line Dancing Beginner #2729111 / Banquet Hall

12:55 - 1:25pm Boot Camp #2729114 / Activity Rm  
Line Dancing Beginner #2729112 / Banquet Hall

2:15 - 3:45pm Youth 3-on-3 B-Ball Tourney #2729118 / North Gym  
Preteen 3-on-3 B-Ball Tourney #2729117 / South Gym

## Drop In

10:00am - 2:00pm Birthday Parties Face Painting & Photo Op / Multi Rm  
Relaxing Area w/ Light Refreshments / Comm Lounge

10:40am - 12:00pm Sportball (15 minute drop-in sessions) / North Gym

10:45am - 1:15pm Sports Organizations & Activities / South Gym

12:00 - 1:30pm Dance Fit (15 minutes drop-in sessions) / South Gym

**1:30 - 2:00pm Superhero Wrap-Up Party and Photo OP!**