

Town of Canmore

Fall Community Courses: Sept.–Dec. 2009

Registration is now at the Canmore Recreation Centre, 1900-8th Avenue (in person) 403-678-1537 (by phone) or 403-678-0753 (by fax)

ADULT DROP-IN RECREATION PROGRAM



Oct 15-Dec 18, 2009

CO-ED BADMINTON

Thursdays, 8-10pm Lawrence Grassi School

CO-ED VOLLEYBALL

Mondays, 8-10pm
Fridays, 7-9pm
Lawrence Grassi School

WOMEN'S BASKETBALL

Thursdays, 6-8pm
Lawrence Grassi School
(no play Oct 12-23-30,
Nov 6-26-27)

INDOOR CO-ED SOCCER Fall/Winter

Mondays 6pm-8pm
Lawrence Grassi School
October 19-February 8th
(no play Dec 28-Jan 4)

Drop-in fee: \$5

All Drop-In Recreation Programs are designed for adults 18+, and operate on a first come, first serve basis.

HEALTHY LIVING DROP-IN PROGRAM



Canmore Recreation Centre | September-December 2009

MONDAY:

Evening Flow Yoga with Tracey Delfs	6:30-8pm
Yummy Yoga with Alison Pennie	9am-10:30am
Yoga for Older Adults with Alison Pennie	11:10-12:00pm
Bootcamp Kickboxing with Sandra Corrado	8:15-9:15pm
Yoga for Older Adults with Alison Pennie	11:10am-12pm

TUESDAY:

Morning Flow Yoga with Tracey Delfs	9:30-11am
Stott Pilates with Melissa Semenek	12:10-12:55pm
Step Aerobics with Silke Neumann	5:30-6:45pm

WEDNESDAY:

Yummy Yoga with Alison Pennie	9am-10:30am
Yoga Fusion with Kristen Stuart	9:00-10:15am
Ski Fit with Kristen Stuart	12:10-12:55pm
Evening Flow Yoga with Tracey Delfs	5:15-6:30pm
Sivananda Yoga with Danielle Janzen	7-8pm
Zumba! With Sandra Corrado	8:15-9:15pm

THURSDAY:

Morning Rise and Step with Silke Neumann	6:15-7:15am
Morning Flow Yoga with Tracey Delfs	9:30-11am
Stott Pilates with Melissa Semenek	12:10-12:55pm
Cardio Yoga with Lindsey Williams	5:15-6:45pm
Stott Pilates with Melissa Semenek	7-8pm

FRIDAY:

Good Morning Pilates with Melissa Semenek	9:15-10:15am
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Note: Program subject to change and availability; some of the above classes do not run for the entire season.

Drop-in fee: \$10 (45 min, 50 min & 1 hr classes) & **\$12** (1.25 hrs & 1.5 hrs classes)