☎ 250-475-7121

Cedar Hill Recreation Centre - Drop-in Fitness Schedule

Effective January 2 – June 24, 2012

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
50+ Group Fitness		9:00-10:00am		9:00-10:00am			
Stretch & Strength		10:10-11:10am		10:10-11:10am			
Hi/Low Group Fitness			5:15-6:15pm			9:00-10:00am	
Weight Room Circuit Training	9:15-10:15am		9:15-10:15am				
Notes & Additional Information	Fitness Schedule is subject to change.						