

NATIONSWEST FIELDHOUSE

Group Land Fitness 2017

MON	TUES	WED	THURS	FRI
		Forever in Motion <i>Caleb Village</i> 9:00—9:45am		
INSANITY LIVE <u>w/child care</u> 10-11 am			TOTS & TONING <u>w/child care</u> 10-11 am	
INSANITY LIVE <i>(in35)</i> 12:10-12:45pm	Fit In Thirty 12:10-12:40pm		Fit In Thirty 12:10-12:40pm	

Eat Healthy Drink Water Sleep Well Work Out

Call 306-445-1790 or visit the Field House for more info or to register.



BATTLEFORDS CO-OP AQUATIC CENTRE

Aqua Fitness Classes 2017

MON	TUES	WED	THURS	FRI
Guts & Glutes 6:30-7:15am Tri-Aqua-thon 6:30-7:15am		Guts & Glutes 6:30-7:15am River Run 6:30-7:15am		Guts & Glutes 6:30-7:15am
ACT 3:10-3:40pm	Golden Oldies & Coffee Talk 3:10-3:40pm	ACT 3:10-3:40pm	Golden Oldies & Coffee Talk 3:10-3:40pm	
Classic Aquafit 12:10-12:50pm	Classic Aquafit 12:10-12:50pm	Classic Aquafit 12:10-12:50pm	Classic Aquafit 12:10-12:50pm	Classic Aquafit 12:10-12:50pm
	River Run 5:15-6:00pm		River Run 5:15-6:00 pm	
	Swimsanity 6:00 –6:45		Swimsanity 6:00-6:45pm	
Hydro spin 7:00 –7:45 pm		Deep Water Walking (self led) 8:00-9:00 pm		

****Baby Boats are available for use during all Aquafit classes****

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Call 306-445-1745 or visit the Aquatic Centre for more info