



SOUTHGATE FUN & FITNESS CENTRE
HOME OF THE DOWNRIVER FAMILY YMCA

Summer 1, June 14-July 18, 2010

Multipurpose Room Schedule

Multipurpose Room 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SilverSneakers 9:00-9:45am		SilverSneakers 9:00-9:45am		SilverSneakers 9:00-9:45am		
AOA 10:15-11 am		AOA 10:15 - 11 am		AOA 10:15-11 am		
	Lil'Dragons* 5:30-6:30pm		Lil'Dragons* 5:30-6:30pm			
Small group personal training 6:30-725	TaeKwonDo* 6:30-8:00pm		TaeKwonDo* 6:30-8:00pm			
Power Yoga * 7:30-825pm	Adult Karate* 8:15-9:00pm		Adult Karate* 8:15-9:00pm			

Multipurpose Room 3

SilverSneakers 9:00-9:45am		SilverSneakers 9:00-9:45am		SilverSneakers 9:00-9:45am		
AOA 10:15 - 11am		AOA 10:15 - 11am		AOA 10:15 - 11am		
	Lil'Dragons* 5:30-6:30p		Lil'Dragons* 5:30-6:30p			
Small group personal training 6:30-725	TaeKwonDo* 6:30-8:00pm		TaeKwonDo* 6:30-8:00pm			
Power Yoga* 7:30-8:25pm	Adult Karate* 8:15-9:00pm		Adult Karate* 8:15-9:00pm			