



## Abilities Centre's 4<sup>th</sup> Birthday Party Schedule

<b>Body Sculpt</b>	<b>9:00am - 9:55am</b>	<b>Court 3</b>
<b>Spin</b>	<b>10:00am - 10:45am</b>	<b>Studio 1</b>
<b>TRX</b>	<b>11:00am - 11:45am</b>	<b>MoveStrong</b>
<b>Ultimate Bootcamp</b>	<b>11:00am - 11:55am</b>	<b>Court 3</b>
<b>Intermediate Yoga</b>	<b>11:00am - 11:55am</b>	<b>Studio 2</b>
<b>Zumba</b>	<b>12:00pm - 12:55pm</b>	<b>Court 3</b>
<b>Tai Chi</b>	<b>12:00pm - 12:45pm</b>	<b>Studio 2</b>
<b>Family Bootcamp</b>	<b>1:00pm - 1:55pm</b>	<b>Court 3</b>
<b>Gentle Yoga</b>	<b>2:00pm - 2:55pm</b>	<b>Studio 2</b>

<b>Preschool Sports and Games</b>	<b>9:00am - 11:00am</b>	<b>Court 1A</b>
<b>Child Sport</b>	<b>9:00am - 11:00am</b>	<b>Court 1B</b>
<b>Family Floor Hockey</b>	<b>11:00am-12:00pm</b>	<b>Court 1</b>
<b>Family Art</b>	<b>12:00pm-2:00pm</b>	<b>Atrium</b>
<b>Preschool Soccer</b>	<b>12:00pm-1:00pm</b>	<b>Court 1A</b>
<b>Child Soccer</b>	<b>12:00pm-1:00pm</b>	<b>Court 1B</b>
<b>Preschool Sports and Games</b>	<b>1:00pm-3:00pm</b>	<b>Court 1A</b>
<b>Child Sport</b>	<b>1:00pm-3:00pm</b>	<b>Court 1B</b>

### Abilities Centre's Birthday Sale

• Become a Member •

**& SAVE**

become a member on June  
4th and save the one-time  
building fee of \$85

**You Belong Here**