



# Wabasca Water World & Fitness Centre

## *New Fitness Schedule*

NOV. 14<sup>th</sup>- DEC 15<sup>th</sup> 2011

Mondays: -BODY ROCK 6:30-7:00 Pm & 7:05-7:35

Tuesday: -W.O.W. 12:10-12:40 Pm

-Absolute Fitness (ages 14-18) 3:30-4:30 Pm

-New Beginner Step Class 6:00-7:00 Pm

Thursday: -W.O.W 12:10-12:40 P m

-Absolute Fitness (ages 14-18) 3:30-4:30 Pm

- New Core 5-6 Pm

