



Phone: (705) 692-3651 ext. 238  
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# JANUARY 2020

Community Physical Activity Programs  
 Come try some physical activities have fun and get fit in the New Year!

SUN	MON	TUE	WED	THU	FRI	SAT
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TO REGISTER FOR PROGRAMS,  
 EXCEPT WEIGHT ROOM  
 PLEASE CONTACT  
 DARLENE GEAUVREAU AT  
 705-692-3651

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5	6 <b>WEIGHT ROOM</b> 6:00-7:00PM	7 <b>SNOWSHOEING</b> 5:00-6:00PM	8 <b>WEIGHT ROOM</b> 6:00-8:00 <b>POUND</b> 6:30-8PM	9	10 <b>ADULT SPORTS NIGHT</b> 5:00-7:00PM	11 <b>FIRE MAKING CHALLENGE</b> 1:00-3:00PM
12 <b>WOMEN'S SELF-DEFENSE</b> 1:00-2:00PM	13 <b>WEIGHT ROOM</b> 6:00-7:00PM	14	15 <b>WEIGHT ROOM</b> 6:00-8:00 <b>POUND</b> 6:30-8PM	16 <b>SLIDING</b> 5:30-7:30PM	17 <b>WEIGHT ROOM</b> 6:00-7:00PM	18
19 <b>WOMEN'S SELF-DEFENSE</b> 1:00-2:00PM	20 <b>WEIGHT ROOM</b> 6:00-7:00PM	21 <b>HEALTHY COOKING INFORMATION</b> 5:00-7:00PM	22 <b>WEIGHT ROOM</b> 6:00-8:00 <b>POUND</b> 6:30-8PM	23 <b>SKATING</b> 6:00-7:00PM	24 <b>CIRCUIT TRAINING</b> 6:00-7:00PM <b>WEIGHT ROOM</b> 6:00-7:00PM	25
26 <b>WOMEN'S SELF-DEFENSE</b> 1:00-2:00PM	27 <b>WEIGHT ROOM</b> 6:00-7:00PM	28	29 <b>WEIGHT ROOM</b> 6:00-8:00 <b>POUND</b> 6:30-8PM	30 <b>WEIGHT ROOM</b> 6:00-7:00PM	31 <b>AXE THROWING (19+)</b> 8:00-10:00PM	