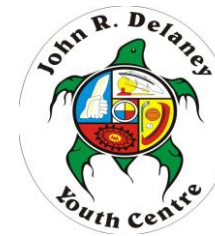




September 2014



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | Saturday | Activity |
|--|--|--|--|---|---|
| 1 Labour Day | 2 Lacrosse 5-6pm @ DDECS gym 10-13 years old Move it Move it 6:15-7pm @ JRDYC | 3 Move it Move it 6-7pm @JRDYC | 4 Bouncefit 7-8pm @ Ministik Beginner Volleyball 7-8pm @ DDECS gym 14+ | 6 Food market @ JRDYC 10am-12pm | Bouncefit: a Lemon Cree class done on a stability ball that builds strength, balance and endurance. Bring some water and shoes or do the class barefoot. Level: Beginner – Intermediate Powerfit: a high intensity fitness class done with resistance bands and weights. Level: intermediate Move it, move it club: JRDYC Outdoors: come out and get moving outside with urban poling, walking, running or start a walk to run program. Level: All Youth Wellness Group: Come out, play some games, get active and have some fun! |
| 8 – all @ DDECS gym Youth Wellness Group 5-6 pm Lacrosse 7-9 years old 7-8 pm Powerfit Fitness class 8-9 pm 14+ | 9 Lacrosse 5-6pm @ DDECS gym 10-13 years old Move it Move it 6:15-7pm @ JRDYC | 10 Move it Move it 6-7pm @JRDYC | 11 Bouncefit 7-8pm @ Ministik Beginner Volleyball 7-8pm @ DDECS gym 14+ | 13 JRDYC Open house 2-5pm | |
| 15 - all @ DDECS gym Youth Wellness Group 5-6 pm Lacrosse 7-9 years old 7-8 pm Powerfit Fitness class 8-9pm 14+ | 16 Lacrosse 5-6pm @ DDECS gym 10-13 years old Move it Move it 6:15-7pm @ JRDYC | 17 Move it Move it 6-7pm @JRDYC | 18 Bouncefit 7-8pm @ Ministik Beginner Volleyball 7-8pm @ DDECS gym 14+ | 20 | |
| 22 - all @ DDECS gym Youth Wellness Group 5-6 pm Lacrosse 7-9 years old 7-8 pm Powerfit Fitness class 8-9 pm 14+ | 23 Lacrosse 5-6pm @ DDECS gym 10-13 years old Move it Move it 6:15-7pm @ JRDYC | 24 Move it Move it 6-7pm @JRDYC | 25 Bouncefit 7-8pm @ Ministik Beginner Volleyball 7-8pm @ DDECS gym 14+ | 27 | |
| 29 - all @ DDECS gym Youth Wellness Group 5-6pm Lacrosse 7-9 years old 7-8 pm Powerfit Fitness class 8-9pm 14+ | 30 Lacrosse 5-6pm @ DDECS gym 10-13 years old Move it Move it 6:15-7pm @ JRDYC | For more information contact: Jocelyn Cheechoo, Community Activator @ JRDYC 658.2056 (ext. 231) or Jocelyn.cheechoo@moosecree.com | | | |