





# Westwinds 38275, Third Avenue

## March Activities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Schedule is subject to change.</b></p> <p><b>Registration is recommended for most of our programs but drop-in may be available, space permitting.</b></p>	<p><b>Neuro-Fit</b> Mondays &amp; Wednesdays 9 am-10 am 10:15-11:15 am 11:30 am-12:30 pm</p>	<p><b>VCH Changeways</b> 10:30 am-12 pm</p> <p><b>Astronomy - FREE</b> 1-2 pm Until March 19</p> <p><b>Re-Fit</b> Tuesdays &amp; Thursdays 11:20 am-12:50pm 1-2 pm</p>	<p><b>Neuro-Fit</b> Mondays &amp; Wednesdays 9-10am 10:15-11:15 am 11:30 am-12:30pm</p> 	<p><b>Healthy Hearts</b> 9:30-10:30 am Until March 14</p> <p><b>Changeways</b> 10:30am - 12 pm</p> <p><b>Re-Fit</b> Tuesdays &amp; Thursdays 11:20 am-12:50 pm 1-2 pm</p> <p><b>Seniors First BC</b> 12-2 pm Starts March 28</p>	

# Brennan Park Recreation Centre 1009, Centennial Way 604.898.3604

## March Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Tabata – Deep Water Running</b> 9-9:45 am Until March 10</p>	<p><b>Aquafit</b> 8-9 am</p> 	<p><b>Aquafit</b> 12-1 pm</p>	<p><b>Aquafit</b> 8-9 am</p> <p><b>Seniors' Social on ice skate</b> 9:45-10:45 am No Skate on March 20</p>	<p><b>Aquafit</b> 12-1 pm</p> 	<p><b>Aquafit</b> 8-9 am</p> <p><b>Tabata Deep Water Running</b> 12-12:45 pm Until March 15</p>