

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TABATA 6:30- 7:30am		MORNING MASHUP 6:30-7:30am		
CARDIO CRAZY 9:00 -10:00am	POWER PARENT 9:30 - 10:30am	MUSCLE MANIA 9:00 -10:00am	POWER PARENT 9:30 - 10:30am	HIIT IT 9:00-10:00am	MEGA MIX 8:30 -9:30am
DYNAMIC STRETCHING & MOBILITY 10:10-10:50am		DYNAMIC STRETCHING & MOBILITY 10:10-10:50am		BARRE BASICS 10:10-10:50am	
WR CARDIO CIRCUIT 11:00-12:00pm	CARDIO LITE 10:45-11:45am	WR CARDIO CIRCUIT 11:00-12:00pm	CARDIO LITE 10:45-11:45am	WR WEIGHT ROUTINES 11:00-12:00pm	
FIT IN 40 12:10-12:50pm	FIT IN 40 12:10-12:50pm	FIT IN 40 12:10-12:50pm	FIT IN 40 12:10-12:50pm	FIT IN 40 12:10-12:50pm	
ADAPTED FITNESS (Sp. needs) 1:00-2:00pm \$1.65 drop-in fee					
CARDIO STRENGTH CIRCUIT 5:15-6:15pm (Ends April 24th)	MEGA MIX 5:30 – 6:30pm	SUSPENSION TRAINING 5:15-6:15pm	SWEAT SURPRISE 5:30 – 6:30pm		
	ZUMBA 6:40-7:40pm				



Step up to an active life.

Exercise your mind and body at any age.

quesnel.ca | 500 Northstar Rd | 250-992-8200



Pre-Registered Fitness Programs Quesnel a District Arts & Recreation Centre

April 03-June 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA 11:00-12:00pm TERI DEROSE		YOGA 11:00-12:00pm TERI DEROSE		
BOOTCAMP 5:30-6:30pm May 01- June 26		BOOTCAMP 5:30-6:30pm May 01- June 26		
YOGA 6:40-7:55pm TERI DEROSE				

Drop in Aquatics Fitness Schedule

April 03-September 03

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AQUA LITE 8:15-8:45am		AQUA LITE 8:15-8:45am		AQUA LITE 8:15-8:45am	
AQUASIZES 9:00-10:00am	DEEP WATER RUNNING 9:00-10:00am	AQUASIZES 9:00-10:00am	DEEP WATER RUNNING 9:00-10:00am	AQUASIZES 9:00-10:00am	DEEP WATER RUNNING 9:00-10:00am
	MASTERS 5:30-6:30pm		MASTERS 5:30-6:30pm		
DEEP WATER RUNNING 6:30-7:30pm	DEEP WATER RUNNING 7:30-8:30pm	DEEP WATER RUNNING 6:30-7:30pm	DEEP WATER RUNNING 7:30-8:30pm		

Drop In Fitness Programs

July 03- Sept 01

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEIGHT ROOM OPEN 5:30AM-10PM					WEIGHT ROOM OPEN 8:30am -9pm	WEIGHT ROOM OPEN 10am-9pm
	MEGA MIX 9:00 – 10:00am		TABATA 9:00 – 10:00am			
	POWER PARENT 10:10 -11:00am		POWER PARENT 10:10 -11:00am			
	FIT IN 40 12:10-12:50pm		FIT IN 40 12:10-12:50pm			
	TABATA 6:00 – 7:00pm		MEGA MIX 6:00 – 7:00pm			

*Open 1- 4pm on May 22nd, July 1st, and Aug 7th

Public Admissions Fees

	Drop In	10 Admissions	1 Month Pass	3 Month Pass	6 Month Pass	1 Year Pass
Tot (0 - 4yrs)	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Youth (5 - 12yrs)	\$4.10	\$34.90	\$45.15	\$123.10	\$221.60	\$394.00
Teen/Student (13 - 18yrs)	\$5.70	\$48.50	\$62.70	\$171.00	\$307.80	\$547.20
Adult (19 - 62 years)	\$7.30	\$62.10	\$80.30	\$218.90	\$394.05	\$700.55
Senior (63 - 79 years)	\$5.70	\$48.50	\$62.70	\$171.00	\$307.80	\$547.20
Over 80	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00
Family (1 or 2 parents + up to 4 children)	\$14.35	\$122.00	\$157.90	\$430.60	\$775.05	\$1162.60
Special Needs	\$5.70	\$48.50	\$62.70	\$171.00	\$307.80	\$547.20
Special Needs - Youth	\$2.85	\$24.30	\$29.40	\$80.25	\$144.45	\$256.80
Noon Hour Swim (12noon - 2pm Mon-Fri excluding school & Stat Holidays)	\$4.20					
Friday Night Discount (First Friday of the month excluding Stat Holidays)	\$3.00					

Public Admission fees with a Recreation Pass are 20% less than those listed above. Recreation Pass rates for non-residents are \$215