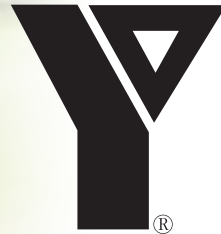




**SHAKE  
THINGS  
UP**  
this Family Day!



# Family Day

Monday, February 15th

**LOBBY**

Facility Tours

**POOL**

Family Aquafit 1 - 1:30

Open Swim 1:30 - 3:30

**AEROBICS STUDIO**

Family Aerobics Medley 9:30 - 10:20

Family Self Defense 10:30 - 11

**COURTS**

Squash and Racquetball Demo 11 - 11:30

**FAMILY ENRICHMENT CENTER**

Childrens Craft & Storytime 11 - 11:30

Family Relaxation 12:30 - 1

**GYM**

Family Beach Ball Volleyball 10 - 11

Indoor Playground 11:30 - 12:30

Family Soccer 12:30 - 1

Family Basketball 1 - 1:30

Open Gym 1:30 - 3:30

**WELLNESS CENTER**

Teen Weight Training Information 11:30 - 12:30

*Join the fun*  
**FREE of charge!**

All are welcome, FREE of charge! For more info call 519-352-0950