

SELKIRK COLLEGE – RECREATION SERVICES

CASTLEGAR gymnasium

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

SEPTEMBER 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LABOUR DAY HOLIDAY 	2 ORIENTATION DAY AT THE COLLEGE	3 	4 Come pay for your gym locker and get signed up for your gym pass.	5 	6 
7 Fitness Classes start this week. 	8 11:00 Step Aerobics 	9 11:00+12:00 Circuit Weight 7:30 pm Badminton	10 11-12 Pilates 12 Step INTRAMURAL DODGEBALL Sign Up in the Pit 	11 11:00 + 12:00 Circuit Weight 7:30 pm Badminton	12 11-12 Pilates 12:00 Yoga 	13 TENNIS FUN DAY Tennis Basics 1-4pm 
14 INTRAMURALS START THIS WEEK	15 12:00 Step Aerobics 8:30 pm Basketball	16 11:00+12:00 Circuit Weight 7:30 pm Badminton	17 11-12 Pilates 12:00am Step Aerobics 	18 11:00+12:00 Circuit Weight 3:30pm Intramural Dodgeball starts 7:30 pm Badminton	19 11-12 Pilates 12:00 Yoga	20 
21 INTRO RIVER KAYAK TRIP 12-3 	22 12:00 Step Aerobics 8:30pm Basketball	23 11:00+12:00 Circuit Weight 7:30 pm Badminton	24 11-12 Pilates 12:00 Step 	25 11:00 +12:00 Circuit Weight 3:30pm Intramurals 7:30 pm Badminton	26 11-12 Pilates 12:00 Yoga	27
28 	29 12:00 Step Aerobic Running club Climbing Introduction 11am + 3pm 8:30 pm Basketball	30 11:00+12:00 Circuit Weight Climbing Introduction 11am + 3pm 7:30 pm Badminton				