

# SELKIRK COLLEGE – RECREATION SERVICES CASTLEGAR Gymnasium

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>JANUARY</b>						<b>2012</b>	
1	2	3	4	5	6	7	
	<b>GYM CLOSED</b>	The Gym reopens for the New Year	<b>RECREATION PROMO Free Banana Split Give away 12 Noon – 1pm</b>				
8	9	10	11	12	13	14	
<b>FITNESS CLASSES RESUME THIS WEEK</b>		11 + 12 Circuit Weight	12 – 1 Hula Hoop Jam YOGA	11 + 12 Circuit Weight		7 :30 pm <b>Saints Hockey vs. SFU</b>	
15	16	17	18	19	20	21	
1:30 pm <b>Saints Hockey vs. SFU</b>		11 + 12 Circuit Weight	12 – 1pm Hula Hoop Jam YOGA	11 + 12 Circuit Weight			
22	23	24	25	26	27	28	
<b>Selkirk Fitness Challenge</b>		11 + 12 Circuit Weight	12 – 1 pm Hula Hoop Jam YOGA	11 + 12 Circuit Weight	<b>Salmo Ski Night 6 – 10 pm</b>		
29	30	31					
		11 + 12 Circuit Weight	<b>The Gym Operating hours are:</b>	<b>Monday – Thursday 7:30 am – 9:15 pm</b>	<b>Fridays 7:30 am – 8 Pm</b>		

**DROP IN EVENINGS:**

MONDAYS	BASKETBALL	7:45 – 9:15 PM
TUESDAYS/THURSDAYS	BADMINTON	7:15 – 9:15 PM
WEDNESDAYS	SOCCER	7:00 - 9:15 PM

