

SELKIRK COLLEGE – RECREATION SERVICES

CASTLEGAR Gymnasium

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>APRIL 2012</h1>						 <p>April showers bring May flowers</p>
1 Last week for Yoga	2	3 11 & 12 Circuit Weight 12 Noon Yoga	4 12 Noon Yoga Gym Floor Closed 4 Exam setup	5 11 & 12 Circuit Weight	6 THE GYM IS CLOSED Good Friday	7 
8 	9 THE GYM IS CLOSED Easter Monday	10 12 NOON Circuit Wgt	11	12 Noon Circuit Weight	13	14
		EXAMS				
15 Last week of fitness classes	16 Reduced Gym Hours today 2 :30pm – 9 :15 pm	17 12 Noon Circuit Weight	18	19 12 Noon Circuit Weight	20 GRAD 2012	21 
22	23 LOCKER	24 CLEAN	25 OUT THIS	26 WEEK	27	28 
29 Regular operating hours until end of April	30 Monday – Thursday 7:30 am – 9:15 pm	 Fridays 7:30 am – 8 pm	Spring/ Summer hours now in effect			

Gym floor will be closed due to examinations and graduation occupying it. All other gym areas will be open regular operating hours until the end of April.

Last week of Circuit Weight fitness classes is April 17 + 19

Last week of Yoga is April 3 + 4

