

# Recreation Programming



If there are specific programs or courses that you think we should be offering, please let us know!

## BOUNCE N BURN - Fitness Program

Looking for something different in a fitness class? A class that can offer great body toning, a low-impact cardio workout, and is also a lot of fun? Then this rebounder trampoline class might be just what you're looking for! Geared to all fitness levels and guaranteed to make you smile, it's a great way to begin your fitness journey or improve upon your current fitness level in a welcoming, supportive, and musical environment.

All trampolines have a weight capacity of 270 pounds and come with attached stability bars for safety. Light, supportive clothing, clean indoor sneakers, and a water bottle are required. First time participants are required to participate in a brief pre-class orientation. Upon registering, new participants will be contacted by the instructor with more details.

- Date:** Tuesdays - Sept 13th - Dec 13th (10 weeks)
- Time:** 7:00 - 8:00 pm
- Location:** East End Hall
- Cost:** Adult - \$73.04 + HST
  
- Date:** Wednesdays - Sept 14th - Dec 14th (10 weeks)
- Time:** 7:00 - 8:00 pm
- Location:** East End Hall
- Cost:** Adult - \$73.04 + HST
  
- Date:** Thursdays - Sept 15th - Dec 15th (10 weeks)
- Time:** 7:00 - 8:00 pm
- Location:** East End Hall
- Cost:** Adult - \$73.04 + HST

Registration begins on Tuesday August 23rd - online or at the MSC

**Looking for more programs? Stay tuned!**

As we launch additional programs this Fall, we will update the Recreator accordingly.

We will also be posting updates on our Sports Centre Facebook page.

## FLAG FOOTBALL

A fun and exciting introduction to the game of football for Grade 7 and Grade 8 students. Come on out and have some fun! Non contact. Mouthguard and soccer/football cleats required. No prior experience with the game of football needed.

- Duration:** September 13th - October 6th
- Days:** Every Tuesday and Thursday
- Time:** 3:30 - 5:00 pm
- Location:** Fort Frances High School Fields
- Age Range:** Grade 7 & 8
- Cost:** \$20

Registration begins on Friday August 19th - online, or at the MSC



## YOGA FIT

A general yoga program conveniently available on your lunch hour. Yoga is a great activity that will allow you to improve flexibility and maintain range of motion. Using a variety of poses, participants can stretch and strengthen their body. The program is suitable for everyone, regardless of fitness level. Yoga has many health benefits, such as: improved muscle tone, improved balance/coordination, better reduction of stress, and better sleep.

- Date:** Tuesdays & Thursdays - (Sept 20th - Dec 15th)
- Time:** 12:10 - 12:50 pm
- Location:** Memorial Sports Centre - Auditorium
- Cost:** \$73.04 + HST  
Free with membership

Registration available online or at the Memorial Sports Centre.