



## Off-Ice Fitness Dates Fall 2018

	<b>Sunday Yoga with Kastine Coleman at the Old City Hall Building</b>	<b>Monday Sessions with Krysha Pereverzoff</b>	<b>Location</b>	<b>Thursday Sessions with Daniel DeGrace</b>	<b>Location</b>
Session #1	September 9th	September 10th	Court #1	September 13th	Curling Club
Session #2	September 16th	September 17th	Curling Club	September 20th	Curling Club
Session #3	September 23rd	September 24th	Curling Club	September 27th	Curling Club
Session #4	September 30th	October 1st	Curling Club	October 4th	Curling Club



## Off-Ice Fitness Dates Winter 2018/19

	<b>Sunday Yoga with Kastine Coleman at the Old City Hall Building</b>	<b>Monday Sessions with Krysha Pereverzoff</b>	<b>Location</b>	<b>Thursday Sessions with Daniel DeGrace</b>	<b>Location</b>
Session #1	October 28th	October 29th	Court #1	November 1st	Court #1
Session #2	November 4th	November 5th	Court #1	November 8th	Court #1
Session #3	November 18th	November 19th	Court #1	November 22nd	TBD
Session #4	November 25th	November 26th	Court #1	November 29th	Court #1
Session #5	December 9th	December 10th	Court #1	December 13th	TBD
Session #6	January 6th	January 7th	Court #1	January 10th	Court #1
Session #7	January 13th	January 14th	Court #1	January 17th	Court #1
Session #8	January 27th	January 28th	Court #1	January 31st	Court #1
Session #9	February 3rd	February 4th	Court #1	February 7th	Court #1
Session #10	February 24th	February 25th	Court #1	February 28th	Court #1
Session #11	March 3rd	March 4th	Court #1	March 7th	Court #1
Session #12	March 10th	March 11th	Court #1	March 14th	Court #1
Session #13	March 24th	March 25th	Court #1	March 28th	Court #1
Session #14	April 7th	April 8th	Court #1	April 11th	Court #1



## Off-Ice Fitness Dates Spring 2019

	<b>Sunday Yoga with Kastine Coleman at the Old City Hall Building</b>	<b>Monday Sessions with Krysha Pereverzoff</b>	<b>Location</b>	<b>Thursday Sessions with Daniel DeGrace</b>	<b>Location</b>
Session #1	April 28th	April 29th	Court #1	May 2nd	Court #1
Session #2	May 5th	May 6th	Court #1	May 9th	Court #1
Session #3	May 12th	May 13th	Court #1	May 16th	TBD
Session #4	May 26th	May 27th	Court #1	May 30th	Court #1