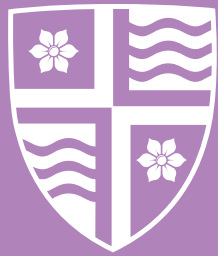


Township of  
Langley



Est. 1873



# SATURDAY, JUNE 2

**NATIONAL HEALTH AND FITNESS DAY (NHFD) IS AN INITIATIVE TO MAKE CANADA THE FITTEST NATION ON EARTH.**

Celebrate NHFD with one of these regularly offered Township activities!

|   |  |  |
|---|--|--|
| <b>AKC</b><br>8:30am - 8:30pm<br>Weight Room Open   | <b>WGC</b><br>6:00 - 10:00pm<br>7:00 - 8:30am<br>8:00 - 9:00am<br>8:00 - 9:15am<br>8:30 - 9:30am<br>9:30 - 10:30am<br>12:00 - 10:00pm<br>5:00 - 7:00pm<br>5:00 - 7:00pm<br>7:00 - 9:45pm | Weight Room Open<br>Family Tennis<br>Hatha Yoga<br>Xtreme Pump<br>Water Robics<br>20/20/20<br>Public Swim<br>Badminton 18+yrs<br>Badminton Family<br>Badminton 13 - 18yrs                |
| <b>RBE</b><br>8:30 - 10:30am<br>Adult Pickleball  | <b>WBY</b><br>8:00am - 7:00pm<br>9:00 - 10:00am<br>9:15 - 10:15am<br>10:00 - 11:00am<br>10:30 - 11:30am  | Weight Room Open<br>Cycle<br>Barre Fit<br>Weight Room Orientation*<br>Zumba®   |
| <b>WCB</b><br>6:30am - 10:00pm<br>6:30am - 10:00pm<br>6:30am - 9:00pm<br>8:00 - 9:00am<br>8:15 - 9:15am<br>10:30 - 11:30am<br>11:30am - 12:30pm | <b>WBK</b><br>8:00am - 6:30pm<br>9:00 - 10:00am  | Weight Room Open<br>Public Swim<br>Length Swim<br>Deep Water Workout<br>Body Sculpt<br>Weight Room Orientation*<br>Youth Only Weight Room Orientation*<br>Weight Room Open<br>X-Fit Lite |

All programs are included with Go Active Pass or drop-in admission.

\*Registration required

Recreation Culture  
& Parks



[tol.ca/reccalendars](http://tol.ca/reccalendars)

**AKC**  
Aldergrove Kinsmen  
Community Centre  
26770 - 29 Avenue  
604.533.6144

**RBE**  
Richard Bulpitt  
Elementary School  
20969 - 77A Avenue  
604.455.8821

**WCB**  
W.C. Blair  
Recreation Centre  
22200 Fraser Highway  
604.533.6170

**WGC**  
Walnut Grove  
Community Centre  
8889 Walnut Grove Drive  
604.882.0408

**WBY**  
Willoughby  
Community Centre  
7888 - 200 Street  
604.455.8821

**WBK**  
Willowbrook  
Recreation Centre  
20338 - 65 Avenue  
604.532.3500