



Try It Free Week!

Try it before you buy it.

Aldergrove & Brookwood Neighbourhoods

Programs are free but registration is recommended to ensure your spot.
Call any community recreation centre or visit RecExpress.ca for information or to register today!

Monday January 8	Tuesday January 9	Wednesday January 10	Thursday January 11	Friday January 12
Zumba® 13+yrs 9:15-10:15am GPC	Fit 4 Two® Stroller Fitness 16+yrs 9:30-10:30am GPC	Total Body 13+yrs 9:15-10:15am GPC	Active Start Soccer for 2s 2yrs 9:00-9:45am AKC	
Drama Tot 3-5yrs 9:00-10:00am AKC			Active Start Soccer 3-5 yrs 10:00-10:45am AKC	Zumba® Toning 13+yrs 11:30am-12:30pm GPC
Creative Dance Parent & Tot 18mos-3yrs 10:30-11:15am AKC			Total Body 13+yrs 5:00-6:00pm GPC	
	Hatha Yoga 13+yrs 6:00-7:00pm AKC		Active Start Multi-Sport en Franais 3-5 yrs 5:00-5:45pm GPC	
			Fundmental Multi-sport en Francais 5-8 yrs 6:00-7:00pm GPC	

Legend

Aldergrove Kinsmen Community Centre 26770 29 Avenue	George Preston Recreation Centre 20699 42 Avenue
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