



# International Move For Health Day ACTIVITY SCHEDULE Sunday May 10<sup>th</sup> 2009



**\*\* all activities are FREE \*\***

8:30 am – 8:30 pm	Fitness Room drop-in (Penticton Community Centre)
8:30 am – 6:00 pm	Fitness Room drop-in (City Centre Fitness)
9:30 am – 10:30 am	Flow Yoga (Re:Flexions Yoga Studio)
10:00 am – 12:00 pm	Floor Hockey – shinny style (Community Centre gym) Children 7 yrs+ and families – all equipment provided
11:00 am – 12:00 pm	NIA (Quantum Fitness Studio at Bodies on Power)
11:00 am – 12:00 pm	Gentle Yoga (Quantum Fitness Studio at Bodies on Power)
1:00 pm – 8:00 pm	Swimming (1:00-2:00 family-time; 2:00-5:00 & 7:00-8:00 public swim)
1:00 – 4:00 pm	Youth Park Ambassador Skateboard Clinic (Penticton Youth Park) Children 7 yrs+; riders must wear helmets to participate
1:30 pm – 3:00 pm	Drop-in Pickleball (Community Centre gym)
4:00 pm – 4:45 pm	Get Bent Belly Dancing (Community Centre Dance Studio)
4:45 pm – 5:30 pm	Ballroom Dancing with Graham and Sharon Whiting (Community Centre Dance Studio)
7:00 pm – 8:30 pm	Drop-in Volleyball (Community Centre gym)

**GetActive! Penticton** Activity Coupon Books on SALE for \$5/book at the Community Centre. Over \$1200 in coupons to get you active and eating healthy.



**For more information contact the Penticton Community Centre 250-490-2426**

**Log-in your activity at 250-490-2392 or at [www.getactivepenticton.com](http://www.getactivepenticton.com) to win some great prizes.**

**Watch our success as compete against other BC communities on a race across Canada. Donations of healthy, non-perishable food items for the Food Bank are encouraged.**