

# ACTIVITY PROGRAM

## WELLNESS WEEK 12 - 18 JUNE 2021

TIME	SATURDAY, 12 JUNE	SUNDAY, 13 JUNE	MONDAY, 14 JUNE	TUESDAY, 15 JUNE	WEDNESDAY, 16 JUNE	THURSDAY, 17 JUNE	FRIDAY, 18 JUNE
9.00 - 10.00	<b>PADDLE BOARD CORE WORKOUT (2KM)</b> Meet at the Boathouse For 14 years old and above	<b>1.5 KM KAYAKING WITH CEDRIC</b> Meet at the Boathouse For 14 years old and above	<b>WATER BIKE FUN RIDE</b> Meet at the Boathouse For 14 years old and above	<b>PADDLE BOARDING FUN RIDE WITH KARAN</b> Meet at the Boathouse For 14 years old and above	<b>KAYAK FUN RIDE</b> Meet at the Boathouse For 14 years old and above	<b>WATER BIKE FUN RIDE</b> Meet at the Boathouse For 14 years old and above	<b>GROUP STRETCHING</b> Meet at the Fitness Center For 16 years old and above
10.00 - 11.00	<b>CIRCUIT TRAINING</b> Meet at the Fitness Center For 16 years old and above	<b>BODY WEIGHT WORKOUT WITH JOHN</b> Meet at the Fitness Center For 16 years old and above	<b>SKILLMILL INTRODUCTION WITH KARAN</b> Meet at the Fitness Center For 16 years old and above	<b>CORE TRAINING WITH JOHN</b> Meet at the Fitness Center For 16 years old and above	<b>INTERVAL TRAINING WITH JOHN</b> Meet at the Fitness Center For 16 years old and above	<b>CORE WORKOUT</b> Meet at the Fitness Center For 16 years old and above	<b>SKILL MILL WORKOUT</b> Meet at the Fitness Center For 16 years old and above
16.00 - 17.00	<b>HATTA YOGA</b> Meet at the Lanner Room For 16 years old and above	<b>CORE WORKOUT</b> Meet at the Fitness Center For 16 years old and above	<b>KENESIS WORKOUT</b> Meet at the Fitness Center For 16 years old and above	<b>CIRCUIT TRAINING</b> Meet at the Fitness Center For 16 years old and above	<b>POWER PLATE INTRODUCTION</b> Meet at the Fitness Center For 16 years old and above	<b>CIRCUIT TRAINING</b> Meet at the Fitness Center For 16 years old and above	<b>HATTA YOGA</b> Meet at the Lanner Room For 16 years old and above
18.00 - 18.30	<b>PADEL TENNIS INITIATION WITH JEFF AND KARAN</b> Meet at the Tennis Pavilion For 13 years old and above	<b>TENNIS CLINIC WITH KARAN</b> Meet at the Tennis Pavilion For 13 years old and above	<b>3-A-SIDE BASKETBALL</b> Meet at the Tennis Pavilion For 13 years old and above	<b>PADEL TENNIS</b> Meet at the Tennis Pavilion For 13 years old and above	<b>TABLE TENNIS FUN TOURNAMENT</b> Meet at the Towel Cabana For 13 years old and above	<b>BASKETBALL</b> Meet at the Tennis Pavilion For 13 years old and above	<b>PADEL INTRODUCTION</b> Meet at the Tennis Pavilion For 13 years old and above
18.30 - 19.30	<b>GROUP STRETCHING</b> Meet at the Fitness Center For 16 years old and above	<b>KETTLE BELL WORKOUT</b> Meet at the Fitness Center For 16 years old and above	<b>POWER WALKING WITH CEDRIC</b> Meet at the Tennis Pavilion For 14 years old and above	<b>JOGGING WITH KARAN</b> Meet at the Tennis Pavilion For 14 years old and above	<b>GROUP STRETCHING</b> Meet at the Fitness Center For 16 years old and above	<b>KETTLE BELL WORKOUT</b> Meet at the Fitness Center For 16 years old and above	<b>POWER WALKING</b> Meet at the Tennis Pavilion For 14 years old and above

This program may change due to weather conditions and number of participants.  
For further information and booking for the activities, please call the Recreation Centre extension 2191.