

## Free or Discounted Activities!

**By showing your Participant Card, you can attend the following activities during the Wellness Challenge!**

♦ **Programs at the Stockade Free:**

- **Walking for Wellness** Mon & Wed 8:30 - 10:00 am and 1:00-3:30 pm  
Tues 8:30 am - 12:00 and 1:00 3:30 pm Thurs & Fri 8:30 am - 12:00 pm
- **Forever in Motion** Mon & Wed 2:00 - 2:45 pm & Tues & Thurs 9:00 - 9:45 am
- **Tots Play** Mon & Wed 8:30 - 10:00 am and 1:00-3:30 pm  
Tues 8:30 am - 12:00 and 1:00 3:30 pm Thurs & Fri 8:30 am - 12:00 pm
- **Chair Yoga** Tues 1:30 - 2:30 pm
- **Drop-in Pickleball** Mon & Wed 12:00 - 1:00 pm

♦ **Twist of Fate Drop in classes \$5/each or a private group \$35/hour**  
Check out their website at [www.twistoffatefitness.com](http://www.twistoffatefitness.com)

♦ **Aquatic Centre \$2 for each of the following per person:**

- **Mondays – 6:00 - 6:45 pm Deep Water Fitness or Lane Swim 8:30 - 9:30 pm**
- **Tuesdays – 7:00 - 8:30 pm Public Swim**
- **Weds – 6:00 - 6:45 pm Shallow Water Fitness or Lane Swim 8:30 - 9:30 pm**
- **Thursday – 7:00 - 8:30 pm Public Swim**

**Thank you to Twist of Fate for partnering  
with the Wellness Challenge!**



For more information,  
contact Val at 778-1676 or  
[v.choofoo@swiftcurrent.ca](mailto:v.choofoo@swiftcurrent.ca)