ᐱᙳᐊᖅᑐᓕᕆᓂᖅ
RECREATION

ᐳᐃᔾᖁᕐᕕᖃᕐᕕᒥ ᑲᑎᖕᖓᔪᓄᑦ ᐃᖃᐃᓕᓴᖅᐸᑦᑐᓄᑦ ᐅᓪᓗᕐᓯᐅᑎ

1 ᔪᓚᐃ- 31 ᔪᓚᐃ

ᓇᒡᒋᔾᔭᐅ	ᓇᒡᒋᔾᔭᐅᓕᖅᑭ	ᐱᖓᑦᓯᖅ	ᑎᓯᒥᖅ	ᑕᓪᓕᕐᒥᖅ	ᓈᑦᓯᐅᖑᔾᔮᕐᓂᐊᖅ	ᓈᑦᓯᐅᖑᔾᔭᖅ
	10:00 am-11:00 am SUPERSTAR TRAINING ᑳᑦ				10:00 am- 11:00 am BOOTCAMP @ AWG ᑏᓇ & ᓯᓕᐋᕐ	
					9:15 am- 10:15 am GENTLE YOGA ᓯᑕᐃᓯ	11:30 am-12:15 pm LATIN CARDIO ᕋᐃ
					10:30 am- 11:30 am SPINNING ᕙᓚᐃᒃ	11:45 am-12:30 pm AQUAFIT ᒫᑕ
12:15 pm - 12:45 pm SPINNING ᕙᓚᐃᒃ	12:15 pm-12:45 pm STEP ᑏᓇ	12:15 pm -12:45 pm PILATES ᓚᐃᓚ ᐅᐃᓪᒪᓐ	12:15 pm-12:45 pm MUSCLE FACTORY ᓯᓕᐋᕐ	12:15 pm-12:45 pm CORE CRUSHER ᓯᓕᐋᕐ		
					4:00 pm- 5:00 pm TWERK OUT ᑳᑦ	
5:30 pm-6:30 pm CORE CRUSHER ᓯᓕᐋᕐ	5:30 pm - 6:30 pm SPINNING ᕙᓚᐃᒃ	5:30- 6:30 pm POWER CIRCUIT ᔭᓯ	5:30 pm- 6:15 pm LATIN CARDIO ᕋᐃ	5:30 pm-6:30 pm STRONG ᔭᓯ		5:00 pm-6:00 pm BARRE ᓚᐃᓚ ᐅᐃᓪᒪᓐ
6:45 pm-7:45 pm YIN YOGA ᓯᑕᐃᓯ	6:00 pm-6:45 pm AQUAFIT ᑕᑦᑎᓐ		6:00 pm-6:45 pm AQUAFIT ᒫᑕ	6:45 pm-7:30 pm LATIN CARDIO ᕋᐃ		

ᐃᖃᐃᓕᓴᕝᕕᐅᑉ ᐃᑲᕐᖁᖏᑦ

ᓇᒡᒋᔾᔭᐅᒥᒃ - ᑕᓪᓕᒥᕐᒧᑦ

6:30 ᐅᓪᓛᒃᑯᑦ- 10 ᐅᓐᓄᒃᑯᑦ

ᓈᑦᓯᐅᖑᔾᔮᕐᓂᐊᖅ

9 ᐅᓪᓛᒃᑯᑦ- 9-ᐅᓐᓄᒃᑯᑦ

ᓈᑦᓯᐅᖑᔾᔭᖅ

10 ᐅᓪᓛᒃᑯᑦ- 8-ᐅᓐᓄᒃᑯᑦ

ᐅᐸᑐᐃᓐᓇᕈᓐᓇᖅᑐᑦ
ᐃᓕᓐᓂᐊᕆᐊᖅᑐᓄᑦ
ᓇᓄᓇᐃᔭᐃᑎᖏᑦ ᐱᖃᓯᐅᔾᔭᐅᔪᑦ
ᐃᓘᓐᓇ ᖏᓐᓄᑦᐃᓯᕈᑎᓄᑦ

ᓴᙱᓂᖅ
ᐊᑦᓱᕈᖅᑐᑎᒃ ᐃᖃᐃᓕᓴᖅᑐᑦ
ᐊᐅᓚᔾᔪᑦᑐᑎᒃ ᐃᖃᐃᓕᓴᖅᑐᑦ ᐆᒪᑎᒥᒃ
ᕿᑎᐊᒍ/ᐊᐅᓚᓂᖅ
ᐳᐃᔾᖁᕐᓂᒃᑯᑦ ᐃᖃᐃᓕᓴᐃᓂᖅ
ᔫᒐ

ᓯᕗᓂᐊᒍᑦ ᐊᑎᓕᐅᕆᐊᓖᑦ
ᐃᓕᓐᓂᐊᕈᑏᑦ
ᐊᑎᓕᐅᕆᐊᓕᒃ ᐱᔨᑦᓯᕋᖅᑎᒧᑦ

ᐊᔾᔨᐅᖏᑦᑐᓂᒃ ᐱᓕᕆᐊᑦᓴᐃᑦ
ᐃᓕᓴᐃᔾᔭᖅᑐᑎᒃ ᑲᑎᖕᖓᔪᑦ ᐱᓕᒻᒪᓴᖅᑎᑕᐃ

ᖃᐅᔨᓴᖅᐸᒋᑦᓯ ᕚᐃᔅᐳᒃᑎᓐᓂᒃ
(FaceBook) ᒪᑉᐱᒐᑦᑎᓐᓂᒃ
ᐊᓯᔾᔨᖅᑐᖃᕐᓂᖅᐸᑦ ᑕᑯᓂᐊᖅᐸᓪᓗᓯ
ᐅᓪᓗᕐᓯᐅᑎᒧᑦ ᐅᕝᕙᓘᓐᓃᑦ
ᑯᔭᓈᖅᑕᐅᔪᓂᒃ ᐅᕗᖓ
@City of Iqaluit Recreation

ᑐᑭᓯᒋᐊᒃᑳᓂᕐᕕᑦᓴᖅ,
ᖃᐅᔨᒋᐊᖅᑕᐅᓗᑎᒃ ᐱᔨᑦᓯᕋᖅᑎᐅᔪᑦ
ᐅᕗᙵ 867-975-8545 ᐅᕝᕙᓘᓐᓃᑦ
ᐃᕐᖑᓇᖅᑕᐅᑎᒃᑯᑦ ᐅᕗᙵ
i.guestservicesdesk@iqaluit.ca

**ᐅᓇ ᐃᖃᐃᓕᓴᐅᑎ ‘Twerk out’ ᐊᕐᓄᒃ ᑭᓯᐊᓂ ᑐᕌᖓᔪᖅ ᐊᕌᒍᓕᓐᓄᑦ 18-ᓂᒃ ᐊᖏᔪᑎᓄᑦ.
*ᐊᑦᓱᕉᓴᓪᓗᑎᒃ ᑭᐱᖕᖑᐃᔭᖅᑎᑕᐅᔾᔭᖅᑐᑦ ᑭᓯᐊᓂ ᔪᓚᐃ 4-ᒥ ᐊᒻᒪ 11-ᖑᓕᖅᐸᑦ.