

TUESDAY NIGHT FITNESS 2018

October :

2nd	Meet N Greet / Gym Games
16th	Indoor Kickball
30th	Halloween Games in Gym / Costumes

November :

6 th	Yoga with Christy
13 th	Riverside Park Photo Scavenger Hunt
27th	Floor Hockey / Tag games

December :

4th	Parachute Games / Relay Races
11th	Indoor Boccia

A disability resource providing:

Disabled Parking Permits • Active Living Programs • Cedar Creek Camp • Para-transit Bus Charters, Day Trips
Information and Referrals • Internet Training and Access • Workshops • Awareness • Volunteer Opportunities



Celebrating **25** Years



Phone/TDD: 250.376.7878
Fax: 250.376.4689
Toll Free: 1.877.414.4241
E-mail: information@peopleinmotion.org
Website: www.peopleinmotion.org

182B Tranquille Road
Kamloops, BC V2B 3G1

TUESDAY NIGHT FITNESS 2019

January:

- 15th Yoga with Christy
- 22nd Badminton / balloon games
- 29th McArthur Island Walk—meet at ball stadium

February :

- 5th Members choice
- 19th Outdoor Kickball
- 26th Outdoor playground / walk

March :

- 5th Capture the Flag
- 12th Blazers Game -late night drop offs
- 26th Basketball skills /game

April:

- 2nd Member Choice
- 9th McArthur Island Walk—meet at ball stadium
- 30th Bowling TBA

A disability resource providing:

Disabled Parking Permits • Active Living Programs • Cedar Creek Camp • Para-transit Bus Charters, Day Trips
Information and Referrals • Internet Training and Access • Workshops • Awareness • Volunteer Opportunities