

got rec?

David Lam 2010 Winter Schedule



Be smart. Be active. Get fit!

Dept of Recreation & Intramurals

David Lam Campus - Rm A1362

604.777.6355

dauphinees@douglas.bc.ca

Register Online at

douglascollegeroyals.ca

rec classes @ dl

Classes start the week of January 11

No Cost for Students and Staff (included in fees)

please register online at

www.douglascollegeroyals.ca

Monday	Tuesday	Wednesday
Yoga 12:00pm-12:50pm		Cardio/Core 12:00pm-12:50pm
		Pilates 4:00pm-5:00pm

No classes Feb 13—28 during 2010 Winter Olympics

intramurals @ dl

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Tuesday	Wednesday
Wheelchair Basketball 12:30pm-1:30pm	
Soccer 3:30pm - 4:30pm	Badminton 3:00pm - 4:00pm
Volleyball 4:30pm - 5:30pm	Basketball 4:00pm - 5:00pm

No Intramurals Feb 13—28 during 2010 Winter Olympics

pinetree fitness centre

HOURS OF OPERATION

Mon — Thurs

Friday

Sat & Sun

8:00am - 9:00pm 8:00 am - 8:00 pm 8:30 am - 8:00pm

Women's Only Training

Mondays

Tuesdays & Thursdays

7:00pm—9:00pm

3:15pm - 5:00pm

**Workout for \$5 for the whole year. Buy the \$5 card at the front desk of the fitness centre

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