

SPECIAL STUDENT MEMBERSHIP PRICE \$ 167. 50

Box 274,
Charlottetown, P.E.I.,
Canada C1A 7K4
(902) 566-1400

OUR FACILITIES INCLUDE:

- Swimming Pool, 50' x 100' temp. 28c.
- Whirlpool, temp. 40f.
- Saunas, temp. 100f.
- Indoor track
- Hydra fitness & Vigor sport and
- Global weight training circuit
- Electronic aerobic equipment
- Free weight room
- Video workout room
- aerobic, fitness classes
- Aquafitness classes
- 2 indoor tennis courts
- 2 squash courts
- 4 racquetball courts
- Pro shop
- Locker facilities
- Towel service
- Magic tan solarium
- Babysitting service
- Full daycare
- Kindergarten
- Cheers Sports Bar

HOURS OF OPERATION:

Winter

Mon.-Thurs.	6:00 a.m. - 11:00 p.m.
Friday	6:00 a.m. - 10:00 p.m.
Saturday	8:00 a.m. - 8:00 p.m.
Sunday	9:00 a.m. - 8:00 p.m.

AEROBIC PROGRAMMING:

MONDAY:

Multi-level Aerobics	9:30 - 10:30 a.m.
Intro step	5:00 - 5:45 p.m.
Fitness	5:45 - 6:45 p.m.
Aerobics	7:00 - 8:00 p.m.

TUESDAY:

Intro Step	9:30 - 10:30 a.m.
Combo & Vari Step	5:00 - 5:45 p.m.
Fitness	5:45 - 6:45
Intro Step	7:00 - 8:00
Multi-level Aerobics	8:00 - 8:45

WEDNESDAY:

Multi-level Aerobics	9:30 - 10:30 a.m.
Multi-level Aerobics	5:00 - 5:45 p.m.
Fitness	5:45 - 6:45
Intro Step	7:00 - 8:00

THURSDAY:

Intro Step	9:30 - 10:30 a.m.
Combo & variation step	5:00 - 5:45 p.m.
Fitness	5:45 - 6:45
Multi-level Aerobics	7:00 - 8:00
Intro Step	8:00 - 8:45

FRIDAY

Body Shaping	9:30 - 10:30 a.m.
Intro Step	5:30 - 6:30 p.m.

SATURDAY

Multi-level Aerobics	10:30 - 11:30 a.m.
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SUNDAY

Intro Step	12:00 - 1:00 p.m.
Multi-level Aerobics	1:00 - 2:00 p.m.

AQUACISE:

Monday	9:00 - 9:30 a.m.
Tuesday	7:30 - 8:30 p.m.
Wednesday	9:00 - 9:30 a.m.
Thursday	7:30 - 8:30 p.m.
Friday	9:30 - 10:30 p.m.

LINE DANCING:

Tuesday	10:30 - 11:30 a.m.
Thursday	10:30 - 11:30 a.m.
Friday	6:30 - 7:30 p.m.

CHEERS!

Sports Bar



SPECIALIZING IN GREAT, AFFORDABLE
"PUB FOOD"

* OFFERING 6 DAYS A WEEK *
2 - 8 OZ. T-BONE STEAK DINNERS
ONLY \$ 6.95

FRIDAY SEPT. 25th

LIVE AT CHEERS

TERRY KELLY

TICKETS AVAILABLE AT CHEERS!