

SEPTEMBER

M	T	W	T	F	S	S
City of Surrey Drop in Fitness and Drop in Sports See schedule	Move for Life/Sports for Life UR Evolution: Co-ed sports for youth born 2004-2009	Move for Life/Sports for Life Coastal FC: Fall Soccer Registration	PAHF Will Power Launch Support your Legacy with a Gift	SS/WR Chamber of Commerce Dance Party Fridays: 7pm – 10pm	Move for Life/Sports for Life CDM: Exercise to Prevent and Manage Chronic Disease and Diabetes	Move for Life/Sports for Life FAME: Post Stroke Fitness and Mobility Exercise Program.
5 LABOUR DAY	SS/WR Chamber of Commerce XBa Centre of Dance REVEAL Event 6:00pm – 8:00pm	Stay and Play Tuesdays: 9am – 10:30am Wednesdays: 9am – 12pm Thursdays: 10:30am – 12pm Fridays: 9am-11am	Youth Drop in Schedule Tuesdays: 6:30pm – 8:30pm Thursdays: 6:30pm – 8:30pm Fridays: 6:30pm – 8:30pm	9	10	SS/WR Chamber of Commerce Softball Classic Tournament Starts at 10:00am
12	PAHF International Legacy Giving Day	14	15	16 Healthy Community Grant Summer Application Due Date	City of Surrey Get Gathering 10:00am – 4:00pm	18 Farmers' Market
City of Surrey Return to Recreation Contest Sept. 19th – Oct. 15th	20 Have a bicycle? Go for a ride through different neighbourhoods	City of Surrey Focus on Seniors Webinar: Chemicals, pollutants and your health 11:00am – 12:00pm	SS/WR Chamber of Commerce Chamber Nine & Dine Golf Tournament 2:00pm – 9:00pm	23	Seniors Planning Table For the Health of it 9:00am – 1:00pm	SS/WR Chamber of Commerce Rock Art Tour Sept. 24th – Sept. 25th
26	27	28	29	30 TRUTH AND RECONCILIATION DAY Orange Shirt Day- Indigenous Peoples Rights	31	

Barre Fitness is for EVERY body. Our fitness classes are set to today's hottest music and each class begins with a warm-up focusing on postural strength and alignment, followed by a series of upper body exercises using light weights. The ballet barre is used to sculpt the lower body, abs, and for flexibility training. Then it's down to the mat with a fitball for core work and a relaxing and invigorating final stretch.

SEPTEMBER GOALS
