

LAC LA BICHE COUNTY

Activity Guide Update

January - March 2018

BOLD CENTER

Adult Classes

MAXE Sweat

Lift, jump, crunch and push your way through circuits to achieve a full body workout. This circuit-style class will not only improve your muscular endurance, it will also increase your heart rate making to your fat burning zone. Suitable for all fitness levels.

Session I: Jan 8 – Feb 14 (12 classes)
Session II: Feb 21 – March 28 (11 classes)
Days/Time: Mon & Wed from 5 to 6pm
Cost: \$120 (Session I), \$110 (Session II), \$12 (Drop-in)

NEW MAXE TRX

Looking for a class that will challenge and change you? This class will use the TRX suspension trainer to achieve a full body work out, mixed in with cardio! The TRX will increase your flexibility, allowing you to do exercises with extra safety and support!

Session I: Jan 9 – Feb 15 (11 classes)
Session II: Feb 20 – March 29 (12 classes)
Days/Time: Tues & Thurs from 5:30 to 6:30pm
(No class on February 1st)
Cost: \$110 (Session I), \$120 (Session II), \$12 (Drop-in)

NEW Tai Chi

In this Tai Chi course, we will attempt to learn an entire Tai Chi routine (commonly called a dsetdz). The movements in Tai Chi balance hardness and softness, relaxation and tension, and roundness and precision. Tai Chi movements improve mobility, flexibility, and strength.

Session I: Jan 8 – Feb 14 (12 classes)
Session II: Feb 26 – March 28 (10 classes)
Days/Time: Mon & Wed from 10:45 to 11:45am
Cost: \$60 (Session I), \$50 (Session II), \$6 (Drop-in)



FREE TRACK ACCESS

WHEN TEMPERATURES DIP BELOW -20°C TO ENCOURAGE RESIDENTS TO STAY WARM AND ACTIVE!



ULTIMATE CHALLENGE

Try the Ultimate Challenge Obstacle Course for free at the events listed below.

SATURDAY, JANUARY 6, 2018
 Bold Center Free Admission Day
 1 - 4 pm

SATURDAY, JANUARY 13, 2018
 Voyageurs and Clippers Games
 6 - 9 pm

SPONSORED BY: boom 103.5



LASER TAG

BACK FOR A LIMITED TIME THIS DECEMBER!

For three weekends only during December, the Bold Center will re-open laser tag rentals! Birthday parties, team events, staff functions (team building) or family outings can be ramped up by a game or two of laser tag. Rentals include six 10-minute games of laser tag (up to 18 players) plus a space for eating, opening gifts and spectating.

RENTAL TIMES:

Friday evenings (and Thursday, December 21):
 5 - 7 pm and 7:30 - 9:30 pm
 Saturday and Sundays (2 hour slots):
 12 pm to 9:30 pm

AVAILABLE DATES:

December 1, 2, 3
 December 15, 16, 17
 December 21, 22, 23

MAKE A DATE FOR CHRISTMAS BREAK!
 Drop in times and rentals will also be offered during the Christmas break from December 27 - 30.
 Drop-in: 1 - 3 pm
 Rentals: 4 - 6 pm

Call the Bold Center at 780-623-6369 or 780-623-6357 for availability or to book your party now!
 Rentals must be made at least 3 days in advance.


Child Mind Gift Certificates

Don't know what to get your relative with small children? With a Child Mind gift certificate, the kids can have fun in a safe, caring environment while they enjoy the Bold Center. See the Bold Center front desk for details.



Contact
 Guest Services Desk | 780-623-3829
 Fitness Desk | 780-623-6363
 Bookings | 780-623-6370

Web | boldcenter.ca
 Fax | 780-623-3808
 Address | 100 8702-91 Ave,
 Lac La Biche, AB, T0A 2C0
 facebook.com/boldcenter




Register one week before the session starts and receive 15% off.



Give the gift that keeps on giving!

Purchase a Bold Center gift certificate as a stocking stuffer this December and give a gift that will improve your loved one's health! Certificates can be used for memberships, passes, fitness or program registrations, personal training, and more. Purchases of \$100 or more entitle you to a gift of a yoga mat/bag, travel bands/pedometer, or a gym bag (while supplies last).

DROP IN FITNESS CLASS SCHEDULE (JANUARY 8 - MARCH 28)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 - 10:30 am	50+ Walk On 50+ Strengthen & Stretch (9:30 am - 10 am)		50+ Walk On		50+ Walk On
10 - 11 am	Tai Chi (10:45-11:45)	FREE Zumba Toning (Jan. - Feb.) Zumba Circuit (Feb. - Mar.)	Tai Chi (10:45-11:45)	FREE Zumba Toning (Jan. - Feb.) Zumba Circuit (Feb. - Mar.)	
12:15 - 12:45 pm	Crossfire CrossFit (Jan. - Feb.) On The Ball (Feb. - Mar.)		Crossfire CrossFit (Jan. - Feb.) On The Ball (Feb. - Mar.)		
5 - 6 pm	MAXE Sweat	10% Beat It! (Jan. - Feb.) 10% Step It Up! (Feb. - Mar.)	MAXE Sweat	10% Beat It! (Jan. - Feb.) 10% Step It Up! (Feb. - Mar.)	
5:30 - 6:30 pm		MAXE TRX		MAXE TRX	
6:30 - 7:30 pm	Plateau Buster (Jan. - Feb.) FREE Tabata Bender Ball Combo (Feb. - Mar.)		Plateau Buster (Jan. - Feb.) FREE Tabata Bender Ball Combo (Feb. - Mar.)		

FREE Program is free for annual members.
10% Annual members receive a 10% discount.

Fitness Class Passes Are Back!
\$110 for 10 pass (60 minute fitness classes)
\$70 for a 10 pass (30 minute fitness classes)

BOLD CENTER WINTER BREAK ICE SCHEDULE									
	FRIDAY Dec. 22	SATURDAY Dec. 23	SUNDAY Dec. 24	MON & TUES Dec. 25 /26	WEDNESDAY Dec. 27	THURSDAY Dec. 28	FRIDAY Dec. 29	SATURDAY Dec. 30	SUNDAY Dec. 31
Performance Arena	Open Ice 8 am - 7 pm	Public Skate 10:15 am - 11:30 am *courtesy of Boom 103.5 Open Ice 11:30 am - 11 pm	Open Ice 8 am - 4:30 pm			Open Ice 11 am - 7 pm	Open Ice 11 am - 7 pm	Open Ice 11 am - 7 pm	Public Skate 11 am - 12:45 pm *courtesy of Boom 103.5 Open Ice 1 pm - 7 pm
Swamp Cats Arena	Open Ice 8 am - 11 pm	Open Ice 10:30 am - 11 pm	Open Ice 8 am - 4:30 pm			Open Ice 11 am - 7 pm	Open Ice 11 am - 7 pm	Open Ice 11 am - 7 pm	Open Ice 8 am - 4:30 pm
Plamondon Arena	Public Skate 12 - 1:30 pm Shinny 1:45 - 3:15 pm Family Hockey 3:30 - 5 pm	Shinny 12 - 2 pm Public Skate 2:15 - 4:15 pm Family Hockey 4:30 - 6:30 pm Pick-up Hockey 6:45 - 8:45 pm	Public Skate 12 - 2 pm *courtesy Plamondon Co-Op Shinny 2 - 4 pm	Closed		Public Skate 12 - 2 pm Family Hockey 2:15 - 4:15 pm Shinny 4:30 - 6:30 pm	Public Skate 12 - 2 pm Shinny 2:15 - 4:15 pm Pick-up Hockey 4:30 - 6:30 pm	Public Skate 12 - 2 pm Family Hockey 2:15 - 4:15 pm Shinny 4:30 - 6:30 pm	Public Skate 12 - 2 pm *courtesy Plamondon Co-Op Shinny 2:15 - 4:15 pm

*When both ice surfaces at Bold Center are open ice - one will be designated for "Sticks & Pucks" while the other will be for "Public Skating" as available.
**Schedule subject to change to accommodate bookings/rentals. Please call ahead 780-623-3829 to confirm open ice availability. It may change daily.

Birthday Party Packages

AT THE BOLD CENTER



Enjoy a stress-free party

The Bold Center is the perfect place for a fun, exciting and stress-free party! Book a party to suit your needs and let us help with the planning, facilitating and clean up. All you are required to do is bring the kids, food, decorations (optional) and your camera to capture your birthday memories.

For more information, stop by the Bold Center Front Desk or call 780-623-3829.

Free Admission Day: SATURDAY, JANUARY 6, 2018

Enjoy free general admission to the Bold Center and Plamondon Arena all day long. Start your new year on a healthy note by taking part in free skating sessions, the fitness centre, and drop-in activities in the field houses.

The Ultimate Challenge Obstacle Course will be available from 1-4 pm in Fieldhouse 2 courtesy of BOOM 103.5.

Visit boldcenter.ca/schedules to view field house activities and public ice times offered throughout the day. Don't forget to fill out a ballot to win the Fun Family Prize Pack pictured below.



CHRISTMAS HOURS OF OPERATION FOR RECREATION FACILITIES									
	SUNDAY Dec. 24	MON & TUES Dec. 25 /26	WEDNESDAY Dec. 27	THURSDAY Dec. 28	FRIDAY Dec. 29	SATURDAY Dec. 30	SUNDAY Dec. 31	MONDAY Jan. 1	TUESDAY Jan. 2
Bold Center / Plamondon Arena	Closes at 4:30 pm	Christmas & Boxing Day Closed		Open 11 am - 7 pm			Closes at 4:30 pm	New Years Day Closed	Open 6 am - 11 pm Normal operating hours resume

Did you know?

Family options are now available as part of the Corporate Memberships Discount Program! If your organization/business is looking to increase morale, productivity and give your employees the gift of health, give the Bold Center a call at 780-623-3829 or visit boldcenter.ca to get more details about how you can get started today!

