



























# Turn Off the Screens!

## Take the Challenge and Get Active!

tbdhu.com

Monday May 4	Tuesday May 5	Wednesday May 6	Thursday May 7	Friday May 8
 <p>5:30 a.m. to 11:30 p.m. 2 for 1! \$10 for 2 guests *Limit of one visit</p>	 <p>5:30 a.m. to 11:30 p.m. 2 for 1! \$10 for 2 guests *Limit of one visit</p>	 <p>5:30 a.m. to 11:30 p.m. 2 for 1! \$10 for 2 guests *Limit of one visit</p>	 <p>5:30 a.m. to 11:30 p.m. 2 for 1! \$10 for 2 guests *Limit of one visit</p>	 <p>5:30 a.m. to 11:30 p.m. 2 for 1! \$10 for 2 guests *Limit of one visit</p>
 <p>239 W. Amelia St. 6 a.m. – 9 p.m. \$5.00 drop-in fee</p>	 <p>239 W. Amelia St. 9 a.m. – 9 p.m. \$5.00 drop-in fee</p>	 <p>239 W. Amelia St. 6 a.m. – 9 p.m. \$5.00 drop-in fee</p>	 <p>239 W. Amelia St. 9 a.m. – 9 p.m. \$5.00 drop-in fee</p>	 <p>239 W. Amelia St. 6 a.m. – 7 p.m. \$5.00 drop-in fee</p>
 <p>All 3 locations! *Hours of operation vary between sites. <b>FREE!</b></p>	 <p>All 3 locations! *Hours of operation vary between sites. <b>FREE!</b></p>	 <p>All 3 locations! *Hours of operation vary between sites. <b>FREE!</b></p>	 <p>All 3 locations! *Hours of operation vary between sites. <b>FREE!</b></p>	 <p>All 3 locations! *Hours of operation vary between sites. <b>FREE!</b></p>
 <p>Visit www.bodymindcentre.com for schedule of classes \$5.00 drop-in fee or \$20.00 for the week *includes Sat. &amp; Sun.</p>	 <p>Visit www.bodymindcentre.com for schedule of classes \$5.00 drop-in fee or \$20.00 for the week *includes Sat. &amp; Sun.</p>	 <p>Visit www.bodymindcentre.com for schedule of classes \$5.00 drop-in fee or \$20.00 for the week *includes Sat. &amp; Sun.</p>	 <p>Visit www.bodymindcentre.com for schedule of classes \$5.00 drop-in fee or \$20.00 for the week *includes Sat. &amp; Sun.</p>	 <p>Visit www.bodymindcentre.com for schedule of classes \$5.00 drop-in fee or \$20.00 for the week *includes Sat. &amp; Sun.</p>
	 <p>Confederation College Silver Day Pass \$2.00 per person (track, basketball, badminton and weight room)</p>	 <p>420 Winnipeg Ave. 7 p.m. - 9 p.m. \$2.00</p>	 <p>Strathcona &amp; Municipal 4 p.m. to close ½ price green fees</p>	 <p>LU Fieldhouse &amp; Hangar 6:30 a.m.—9:00 p.m. \$2.00 per person</p>
<p><b>*Must show "Official Fitness Pass" at all events to receive discounted admission.</b></p> <p>Use the "Tracking Sheet" to mark your activities (any type of activity counts!) &amp; submit to win a prize!</p>			 <p>311 Victoria Ave. E. Fresh Air Run/Walk 6:30 p.m. <b>FREE!</b></p>	 <p>The Athletic Club All Day Must be 18+ <b>FREE!</b></p>

### Grand Prizes:



One Month Membership



8 Week Session of Pilates, Yoga, Nia Fusion Dance, or Cardio Kick Boxing (2 classes per week)

One Hour Thai Yoga Massage



1 of 3 One Month Memberships



8 Week Pilates Session (1 class per week)



One Month Membership



Thunder Bay District Health Unit  
www.tbdhu.com