



THE UNIVERSITY OF
WINNIPEG

**I DARE YOU TO TRY
SOMETHING NEW!**

***The University of Winnipeg
Invites you to the Duckworth Centre Open House
November 23rd - 29th, 2009***

**COME CHECKOUT WHAT THE DUCKWORTH CENTRE
CAN OFFER YOU!**

All drop in fees for the week have been waived!

PROGRAMS, ACTIVITIES AND SERVICES

Bill Wedlake Fitness Centre - Available Anytime During Regular Business Hours
Monday-Friday 6:00 am – 10:00 pm Saturday & Sunday 9:00 am – 6:00 pm

Racquetball / Squash Courts - Available Anytime during Regular Business Hours...please contact our Customer Service Centre at 786-9349 for Court Availability.

Personal Training – Book a *FREE* Consultation with one of our Certified Personal Trainers. Your Consultation will include a Free Basic Fitness Assessment.

Athletic Therapy - The Athletic Therapists at the University of Winnipeg have many years experience to ensure your rapid return to work and play. Please call 786-9250 to schedule an appointment.

Club & Intramural Programs - Free Drop in to all activities all week long!
Don't just come to one, come try them all!

Aerobics Class Schedule November 23rd - 27th, 2009		
Monday	Cardio Core Interval	12:30 pm - 1:15 pm
Tuesday	Zumba	12:05 pm - 12:50 pm
Wednesday	Low Impact	12:30 pm - 1:15 pm
Thursday	Body Sculpt	12:05 pm - 12:50 pm
Friday	Core Training	12:30 pm - 1:15 pm

Badminton	Tuesday	7:00 p.m. - 10:00 pm
Boot Camp	Wednesday	6:15 am - 7:15 am
Judo	Monday & Wednesday	6:00 p.m. - 8:00 pm (jr) 8:00 pm - 10:00 pm (adult)
	Saturday	12:00 pm - 2:00 pm (jr) 2:00 pm - 4:00 pm (adult)

Modern Kung Fu	Tuesday	8:00 pm - 10:00 pm
Racquetball	Wednesday	11:30 am - 1:30 pm
Tae Kwan Do	Thursday	6:00 pm - 8:00 pm
	Saturday	4:00 pm - 6:00 pm
Wing Chung Do Gung Fu	Tuesday	8:00 pm - 10:00 pm
	Sunday	12:00 pm - 2:00 pm
Yoga	Monday & Thursday	1:30 - 2:30 pm
Zumba	Monday & Wednesday	4:30 - 5:30 pm

Try something new and you will be rewarded!

**Participate in any of our programs as a first time participant
and receive a Family Pass to any one of the
Wesmen Events listed below:**

Wesmen Schedule

**Friday November 27th
Basketball**

**U of W Wesmen vs UBC T-Birds
Women 6:00 pm Men 8:00 pm**

**Saturday November 28th
Volleyball**

**U of W Wesmen vs Thompson Rivers Wolf Pack
Women 1:00 pm Men 3:00 pm**

**Saturday, November 28th
Basketball**

**U of W Wesmen vs U of V Vikes
Women 6:00 pm Men 8:00 pm**

**Sunday, November 29th
Volleyball**

**U of W Wesmen vs Thompson Rivers Wolf Pack
Women 1:00 pm Men 8:00 pm**

To Participate in this Event or for Additional Information:

**Please Visit the Customer Service Desk at the Duckworth Centre
400 Spence Street
Winnipeg, Manitoba R3B 2E9
Tel: 786-9349
Email: duckworth@uwinnipeg.ca**

www.wesmen.ca