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Welcome to Lifestyles Fitness & Wellness Centre!

Lifestyles Fitness & Wellness Centre is located on the second floor of the Spray Lake Sawmills Family Sports Centre in Cochrane, Alberta. Our unique and versatile environment allows for a wide variety of fitness and wellness programs, classes and services.

Feel free to drop by the next time you're at Spray Lake Sawmills Family

Sports Center and check out our facilities. We are always happy to

discuss our programs, memberships and classes with you. We also offer personal

training services to focus one-on-one with your health and fitness goals.

Our clientele range in all ages from teen to senior, and all levels of fitness too, so come and see how we can help you regain or maintain your health and fitness goals today!

SPRING 2013 5 x 5 RACE

SERIES

5 races of 5 kms along the pahtways of riverview.

Points will be accumulated and prizes will be given out to the top point earners.

WHEN: Wednesdays

May15, 22, 29, June 5 &12

7pm Registration

7:15pm Start Time Rain or Shine

Meet : Parking lot at Off- leash Dog Park at the end of River Avenue

Cost :$ 5.00 per race

3 age groups U 19, 20-39 and 40 plus. Male and Female divisions

MAY LONG WEEKEND :

Friday May 17th 5 am - 5 pm

Saturday May 18 th 9am - 3 pm

Sunday /Monday May 19th/20th CLOSED

NO CLASSES Friday or Saturday

Enjoy your weekend, see you Tuesday.