



# SPRING 2023 PROGRAM GUIDE

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# General information



## FACILITY HOURS

**Monday to Friday**

**6 a.m. – 10:30 p.m.**

**Saturday & Sunday**

**8 a.m. – 8 p.m.**

Check out [smufit.ca](http://smufit.ca) and [@smu\\_fit](https://twitter.com/smu_fit) for our holiday hours, closures and any updates.

## Staff Directory

Homburg Centre for Health & Wellness	Front Desk	902-420-5555
Director of Athletics & Recreation	Scott Gray	902-420-5427
Assistant Director, Athletics & Recreation	Greg Knight	902-420-5425
Administrative Manager	Karen Habib	902-420-5429
Coordinator of Marketing & Revenue Generation	Tommy Kanichis	902-420-5426
Facility Scheduler	Linda Gould	902-420-5440
Fitness Coordinator	Mikaela Henderson	902-420-5556
Life Mark Physiotherapy Clinic	General Information	902-420-5061

## Free Recreation Services

### Drop-in Group Fitness Classes

SMUfit offers over 30 group fitness classes per week that are free with membership

Go to [athletics.smu.ca](http://athletics.smu.ca) to register for our drop-in classes.

### Drop-in Sports

SMUfit offers drop-in sports throughout the day as well as open gym time

Check out [smufit.ca](http://smufit.ca) or call 902-420-5555 for availability or ask the Front Desk for availability

### Squash Courts

Available with any of our Plus Memberships

Reserve your court online at [athletics.smu.ca](http://athletics.smu.ca)

# Membership Fees

	SMUfit Basic		SMUfit Plus		
	4 month (\$240*)	1 year (\$600*)	1 mo. (\$85*)	4 month (\$288*)	1 year (\$720*)
Drop-in group fitness classes	✓			✓	
Access to all fitness rooms, including steam and sauna	✓			✓	
20% discount on registered programs + personal training	✓			✓	
Drop-in sports	✓			✓	
Outdoor track	✓			✓	
Change rooms with day use lockers & showers	✓			✓	
Day pass(s)	<b>1</b>			<b>2</b>	
Towel service				✓	
Half locker rental				✓	
Parking pass				✓	
Squash courts				✓	

\*Taxes not included.

# Membership Fees

	Family Basic		Family Plus		
	4 month (\$480*)	1 year (\$1200*)	1 month (\$170*)	4 month (\$576*)	1 year (\$1440*)
Drop-in group fitness classes	✓			✓	
Access to all fitness rooms, including steam and sauna	✓			✓	
20% discount on registered programs + personal training	✓			✓	
Drop-in sports	✓			✓	
Outdoor track	✓			✓	
Change rooms with day use lockers & showers	✓			✓	
Day pass(s)		<b>1</b>		<b>2</b>	
Towel service				✓	
Half locker rental				✓	
Parking pass				✓	
Squash courts				✓	

\*Taxes not included.

Family memberships include 2 Adults + 2 Children OR 1 Adult + 3 Children, living at the same address. Add a family member for a discounted rate.

## ADD-ON OPTIONS for Basic Membership Package

### Towel service

(\$3/day, \$25/month, \$200/year)

### Half locker rental

(\$25/month, \$75/4 months, \$175/year)

### Parking

(\$42.75/month)

## MULTI USE PASSES

Multi Use Pass is non-refundable, non-transferable, not replaceable and do not expire. Multi Use Pass users can book squash courts the day of use.

5 PUNCH PASS - \$42.75 +HST

## DAY PASSES

Day Passes allow you access to all facilities and squash courts can be booked day of use.

10 PUNCH PASS - \$89.25 +HST

\$11.55 +HST

# Registered Programs

Registration opens March 20 and will remain open until May 15. Programs run for 8 weeks. Programs start the week of April 17, 2023. Register in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or AmEx.

## REFUNDS & CANCELLATIONS

A refund will be issued to you if the program is cancelled due to low registration. No other refunds are permitted.

## Pilates

Registration opens March 20 and will remain open until May 15. Programs run for 8 weeks. Programs start week of April 17, 2023. Register either in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or American Express.

Class/ Program	Day	Time	Studio	Instructor	Price	Description
<b>Pilates 4 Seniors (Mat)</b>	Mondays	10:30-11:30am	A	Jackie	Member = \$96 Non-Member = \$120 Student = \$80	Join a specific class for your exercise level. Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. These classes emphasize proper postural alignment, core stabilization and muscle balance.  <i>Note: Pilates 4 Seniors incorporates all Pilates principles with extra emphasis on improving &amp; maintaining balance.</i>
<b>Pilates Mat Intermediate</b>	Mondays	9:15-10:15am	A	Jackie		
<b>Pilates Stretch</b>	Thursdays	9:30-10:30am	A	Ocean	Member = \$96 Non-Member = \$120 Student = \$80	This class is designed to stretch and strengthen your body at the same time. Using Pilates exercises for strength and Yin Yoga poses for flexibility this class will leave you feeling stretched and strong!
<b>Pilates Reformer for Beginners</b>	Tuesdays	9:30-10:30am	B	Ocean	Member = \$128 Non-member = \$160 Student = \$112	These classes use Reformer Equipment to create a full body workout that builds strength and tones muscles. The Reformer cleverly uses the machine's springs and gears to create resistance and allow for equal focus on the concentric and eccentric contractions to create long, lean, toned muscles. This low impact for your joints but high intensity improving core strength and posture. All Pilates Reformer classes are led under professional guidance by highly qualified and skilled instructors.  <i>Note: It is recommended that you have Pilates Mat experience prior to starting Pilates Reformer.</i>
	Thursdays	10:45-11:45am	B	Ocean		
<b>Pilates Reformer Intermediate</b>	Wednesdays	9:15-10:15am	B	Jackie		
	Thursdays	9:15-10:15am	B	Jackie		
	Fridays	9-10am	B	Ocean		

Taxes not included.



## Additional Registered Programs

Registration opens March 20 and will remain open until May 15. Programs run for 8 weeks. Programs start the week of April 17, 2023. Register in person at the Homburg Centre Front Desk OR over the phone (902-420-5555) with Visa, Mastercard or AmEx.

### REFUNDS & CANCELLATIONS

A refund will be issued to you if the program is cancelled due to low registration. No other refunds are permitted.

Class/ Program	Day	Time	Location	Instructor	Price	Description
<b>Para Learn to Lift</b>	Thursdays & Saturdays  (Monthly Program starting April 27, 2023)	Thursdays @ 4:30pm & Saturdays @ 2pm	Weight Room	TBD	Member/Student = \$100  Non-Member = \$120	Learn to Lift and Para Learn to Lift are strength-based programs that focus on the development of the three classic lifts performed in Olympic Weightlifting: The Snatch and The Clean and Jerk. During these programs, participants will learn the fundamentals of weightlifting with each lesson building on the last. Sessions will include specific technical work and general strength development including squatting, pressing, pulling, and accessory exercises. Participants will receive individual feedback to help improve and build upon their skills and have the opportunity to test their one-rep maximums near the end of the program. Learn to Lift and Para Learn to Lift is a suitable program for brand-new beginners or individuals who want to improve their lifting technique.
<b>Learn to Lift</b>	Mondays & Fridays  (Monthly Program starting April 28, 2023)	4:30pm	Weight Room	Morgan		
<b>Happy Feet</b>	Tuesdays  (April 20 – June 8, 2023)	8:30-9:30am	Studio A	Ocean	Member = \$96 Non-Member = \$120 Student = \$80	Stop taking your feet for granted, they could be the key to pain-free living! In this class you'll use a small ball to perform a self-massage on your feet along with stretching and exercises to strengthen your feet and ankles. As the class progresses more functional movement exercises will be incorporated to focus on creating balance and stability from the ground up. Give your feet the care they deserve with this new class!
<b>Yoga for Runners</b>	Tuesdays  (April 18 - June 6, 2023)	5:30-6:30pm	Studio A	Sarah	Member = \$96 Non-Member = \$120 Student = \$80	Yoga for Runners is the perfect complement to your running program. This class is tailored to runner's needs, ensuring you leave feeling more mobile and relaxed than before, getting you ready for your next run!
<b>Pickleball Foundations</b>	Saturdays  (April 29 - June 17, 2023; no class May 20, 2023)	10-11am	Court B – Main Gym	Paul & Michael	Member/Student = \$80 Non-Member = \$90	Are you looking for a fun way to stay active and spend time with friends? Look no further than Pickleball, the fastest growing sport in North America. Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. It's easy to learn and suitable for people of all ages and skill levels. In this class, you will learn all you need to play this sport. How to hold the paddle, how to serve, how to volley, how to dink and other specialty shots. You will also learn the rules of the game, scoring, and tactics. Paddles and balls provided.
<b>Small Group Training</b>	Mondays (May 1 – June 26) Tuesdays (May 2 - June 20, 2023)	Mondays @ 2:30pm Tuesdays @ 7:30pm	Studio C	Jessica	Member/Student = \$128  Non-Member = \$153.60	Small Group Training gives you all the benefits of personal training, with the added benefit of working in a group atmosphere. During these sessions you will work in groups of 6 people with a personal trainer for hands on, personalized training.

## Additional Registered Programs

Class/ Program	Day	Time	Location	Instructor	Price	Description
<b>Small Group Training</b>	Wednesdays (May 3 – June 21)  Thursdays (May 4 – June 22, 2023)	Wednesdays @ 1:30pm  Thursdays @ 6:15pm OR 7:30pm	Studio C	Jessica	Member/Student = \$128  Non-Member = \$153.60	Small Group Training gives you all the benefits of personal training, with the added benefit of working in a group atmosphere. During these sessions you will work in groups of 6 people with a personal trainer for hands on, personalized training.
<b>Heart 4 Life</b>	Mondays & Wednesdays  (All Year)	6–7:30pm	Community Room & Fitness Centre	Zena & Mikaela	Included in Heart for Life membership	This program is 1.5hrs twice a week for anyone who has undergone a heart episode and wants to join a community of like-minded individuals. During each class professionals will take and track your heart rate and blood pressure. Personal Trainers will take you through a strength training circuit and the group will chose to do some cardio of choice.
<b>Karate for Advanced</b>	Tuesdays & Thursdays  (May 2 – June 29, 2023)	7:30-9pm	Community Room	Shannon & Andrew	Member/Student = \$65  Non-Member = \$110	<p>The Saint Mary's University Shotokan Karate Club offers the opportunity for members to learn the art of Shotokan karate in an enjoyable, inclusive class atmosphere. The SMU dojo has a strong sense of community where self-respect and respect for others is fostered while members work towards their goals of greater confidence, fitness, coordination, self-defence, or to pursue karate for competitive aims. New beginner members will learn the basic fundamentals of traditional karate including kata (forms), kumite (sparring) and kihon (basic techniques). Head instructor Shannon Doane started training in Shotokan karate in 1996 and currently holds a 5th degree black belt. Please contact <a href="mailto:shannon.doane@smu.ca">shannon.doane@smu.ca</a> with any questions or visit <a href="http://universitykarate.ca">universitykarate.ca</a>.</p> <p><i>Please note, Karate classes are open to individuals 14+ yrs.</i></p>



## Drop-In Group Fitness Classes

All Classes are FREE with a Membership or the purchase of a day pass. Please show up a minimum of 5min prior to the class start time to get checked in. Drop-In Class registration opens 72hrs prior to the class start time. To register, go to [athletics.smu.ca](http://athletics.smu.ca).

Class	Day	Time	Studio	Instructor	Description
<b>Total Body HIIT</b>	Monday	6:15-7am	C	Bobbi	An action-packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle. Push yourself past your limits with this high intensity full body workout!
<b>Gentle Fitness</b>	Monday	9:30-10:15am	C	Zena	This class is a mix of endurance, mobility, and stability without the stress on your joints. This total body, low-impact workout combines cardio, resistance, and balance exercises. Suitable for beginners, seniors and anyone requiring a modified program.
<b>Yoga</b>	Monday	12:15-1pm	A	Sonja	Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.
<b>Total Body Strength</b>	Monday	1:15-2pm	C	Jessica	This class will boost your strength and level of fitness! You will get stronger while also improving mobility and stability without any high-intensity stress on your joints. This workout combines resistance, core stability and balance exercises. Suitable for all levels.
<b>Spin</b>	Monday	5:15-6pm	C	Stephanie	Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valleys all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike.
<b>Yoga Flow</b>	Monday	6-7pm	A	Sarah	This Yoga Flow class will take you through dynamic fluid movements linked with conscious breath. You will leave this class feeling refreshed and ready for the day.
<b>Zumba</b>	Monday	7-8pm	C	Leticia	Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party! Follow along to the beat of the music and learn a few new dance moves while simultaneously getting a cardio workout. You will be having so much fun, you won't even realize how hard you worked!
<b>Spin</b>	Tuesday	6:15-7am	C	Anne	Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valleys all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike.
<b>Body Sculpt</b>	Tuesday	9:30-10:15am	C	Zena	Abs, legs and more with a new attitude - this class uses tubing, weights, bars, balls, and more. Body Sculpt allows you to move to the music for a full body high repetition workout designed to tone your muscles and improve endurance. Join this high energy workout and leave with a smile on your face.





## Drop-In Group Fitness Classes

Class	Day	Time	Studio	Instructor	Description
<b>Strength &amp; Conditioning</b>	Tuesday	12:15-1pm	C	Rick	An action-packed fitness class filled with Interval Training and equipment designed to challenge your body, burn fat, and build lean muscle. Join this class and leave one step closer to your goals.
<b>Spin Express</b>	Tuesday	5:45-6:15pm	C	Anne	Everything you love about spin – in 30mins! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valley's all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike.
<b>Zumba</b>	Tuesday	6:30-7:15pm	C	Leticia	Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party! Follow along to the beat of the music and learn a few new dance moves while simultaneously getting a cardio workout. You will be having so much fun you won't even realize how hard you worked!
<b>Yoga</b>	Tuesday	7-8pm	A	Anne	Good for those who want flexibility and relaxation. Lengthen, strengthen, and stretch your way to better health with this breath focused flow.
<b>Spin</b>	Wednesday	6:15-7am	C	Donna	Get on your bikes and ride! This class uses Keiser spin bikes to give you the best low impact cardio workout around. Burn calories and have a blast doing it throughout this interval style spin workout. Enjoy hills and valleys all from the comfort of our studio. If you are new to spin, please arrive early to be sized for your bike.
<b>Gentle Fitness</b>	Wednesday	9:30-10:15am	C	Zena	This class is a mix of endurance, mobility, and stability without the stress on your joints. This total body, low-impact workout combines cardio, resistance, and balance exercises. Suitable for beginners, seniors and anyone requiring a modified program.
<b>Total Body Strength</b>	Wednesday	12:15-1pm	C	Mikaela	This class will boost your strength and level of fitness! You will get stronger while also improving mobility and stability without any high-intensity stress on your joints. This workout combines resistance, core stability, and balance exercises. Suitable for all levels.
<b>Body Sculpt</b>	Wednesday	6:30-7:15pm	C	Zena	Abs, legs and more with a new attitude - this class uses tubing, weights, bars, balls, and more. Body Sculpt allows you to move to the music for a full body high repetition workout designed to tone your muscles and improve endurance. Join this high energy workout and leave with a smile on your face.
<b>Zumba + Zumba Toning</b>	Wednesday	7:30-8:30pm	C	Tina	This class starts with light weights to help tone your muscles while dancing to Zumba rhythms. The second half of class returns to regular Zumba cardio while you dance it out! Zumba uses many rhythms of the world based on Latin style dance! This class can be done without using any weights if you choose. Class is suitable for everyone!



## Drop-In Group Fitness Classes

Class	Day	Time	Studio	Instructor	Description
<b>Strong 45</b>	Thursday	6:15-7am	C	Bobi	This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music. Each class burns calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing.
<b>Total Body Strength</b>	Thursday	12:15-1pm	C	Mikaela	This class will boost your strength and level of fitness! You will get stronger while also improving mobility and stability without any high-intensity stress on your joints. This workout combines resistance, core stability, and balance exercises. Suitable for all levels.
<b>Yoga</b>	Thursday	12:15-1pm	A	Sarah	Introductory Yoga is great for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.
<b>Bootcamp</b>	Thursday	6:15-7pm	C	Jessica	An action-packed fitness class filled with Interval Training and equipment designed to challenge your body, burn fat, and build lean muscle. Let our instructor guide you through this butt kicking workout!
<b>Body Sculpt</b>	Friday	9:30-10:15am	C	Zena	Abs, Legs and more with a new attitude - this class uses tubing, weights, bars, balls, and more. Body Sculpt allows you to move to the music for a full body high repetition workout designed to tone your muscles and improve endurance. Join this high energy workout and leave with a smile on your face.
<b>Spin &amp; Pump</b>	Friday	12:15-1pm	C	Sonja	This is a combo class of spin drills and weight circuits, using a variety of equipment for a full body strength and cardio workout.
<b>Yoga</b>	Friday	1:05-1:50pm	A	Sonja	Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.



## Drop-In Group Fitness Classes

Class	Day	Time	Studio	Instructor	Description
<b>Yoga</b>	Friday	5-6pm	A	Sarah	Elongate, strengthen, and stretch your way to better health with this breath focused flow.
<b>Zumba</b>	Friday	6-6:45pm	C	Melissa	Fun, effective, easy to follow, Latin-inspired, calorie burning fitness party incorporating weights to build muscles in the arms, legs and glutes. This workout combines body sculpting exercises with high intensity cardio. You get the dance party with a side of weights for better muscle control and toning!
<b>Yoga Flow</b>	Saturday	9-10am	A	Sarah	This Yoga Flow class will take you through dynamic fluid movements linked with conscious breath. You will leave this class feeling refreshed and ready for the day.
<b>Heart &amp; Muscle</b>	Sunday	9:30-10:30am	C	Zena	This choreographed heart pumping class is a combination of low impact cardio and resistance training. You will leave feeling worked from head to toe while also getting your cardio in! Have fun working out to the beat in this fun and energetic class.
<b>Yoga</b>	Sunday	10:30-11:30am	A	Anne	Good for those who want flexibility and relaxation. Elongate, strengthen, and stretch your way to better health with this breath focused flow.

Classes are subject to change and will always be up to date on our reservation site: [athletics.smu.ca](http://athletics.smu.ca)



# Personal Training Services

Are you ready to get on track with your fitness goals and overall health? Look no further than SMUfit Personal Training. Purchase your package in person at the Front Desk or over the phone at 902-420-5555. For more information or to schedule a free consultation, email our Fitness Coordinator, [Mikaela Henderson, mikaela.henderson@smu.ca](mailto:mikaela.henderson@smu.ca)

## INDIVIDUAL PERSONAL TRAINING

Package	Member	Non-Member	Description
<b>Consultation + Assessment</b>	\$63 per session/ \$158 total	\$79 per session/ \$198 total	1hr consultation + 1.5hr fitness assessment
<b>Fitness Starter</b>	\$53 per session/ \$239 total	\$67 per session/ \$301.5 total	1.5hr consultation/assessment, and three 1hr sessions
<b>6 Sessions</b>	\$53 per session/ \$318 total	\$67 per session/ \$402 total	6 private sessions, with personalized programming, consultation, and assessment
<b>10 Sessions</b>	\$48 per session/ \$480 total	\$60 per session/ \$600 total	10 private sessions, with personalized programming, consultation, and ongoing assessment
<b>20 Sessions</b>	\$46 per session/ \$920 total	\$57 per session/ \$1140 total	20 private sessions, with personalized programming, consultation, and ongoing assessment

## BUDDY PERSONAL TRAINING (2 PEOPLE) (pricing is per person)

All the benefits of personal training, with a buddy!

Package	Member (Per Person)	Non-Member (Per Person)	Description
<b>6 Sessions</b>	\$37 per session/ \$222 total	\$47 per session/ \$282 total	6 semi-private sessions, with personalized programming, consultation, and assessment
<b>10 Sessions</b>	\$32 per session/ \$320 total	\$40 per session/ \$400 total	10 semi-private sessions, with personalized programming, consultation, and ongoing assessment
<b>20 Sessions</b>	\$27 per session/ \$540 total	\$34 per session/ \$680 total	20 semi-private sessions, with personalized programming, consultation, and ongoing assessment

**SMALL GROUP TRAINING** All the benefits of personal training, with the added benefit of working as a group! These sessions are perfect for groups of friends, family members, and teams! Small Group Training can be booked for groups of 4-6 people. (Pricing is per person)

Package	Member (Per Person)	Non-Member (Per Person)	Description
<b>3 Sessions</b>	\$25 per session/ \$75 total	\$30 per session/ \$90 total	3 small group sessions, with personalized programming, consultation, and assessment
<b>6 Sessions</b>	\$20 per session/ \$120 total	\$24 per session/ \$144 total	6 small group sessions, with personalized programming, consultation, and assessment
<b>10 Sessions</b>	\$15 per session/ \$150 total	\$18 per session/ \$180 total	10 small group sessions, with personalized programming, consultation, and assessment

\*Taxes not included

# Nutrition Services

Purchase our Nutrition Services in person at the Front Desk or over the phone at 902-420-5555.

For more information, contact Registered Dietitian, Mikaela Henderson, PDT.: [mikaela.henderson@smu.ca](mailto:mikaela.henderson@smu.ca)

OFFERING	PRICE	DESCRIPTION
Initial Consultation	\$95*	1hr consultation with a Registered Dietitian.
Follow up Consultation	\$63*	30min follow up session with a Registered Dietitian.
Nutrition Starter Pack	\$195*	Initial 1hr consultation and two 30min follow up sessions.
Nutrition Add-on Session (available with the purchase of any Personal Training Package)	\$85*	Supplement your Personal Training with a 1hr consultation with a Registered Dietitian.

*NOTE: Nutrition services are covered through many health insurance plans.*

*\*Taxes not included*

## Squash Information

There are a very active group of squash players at all levels. New and experienced players can meet other players through the many activities organized at the courts. Registration available by phone 902-420-5555 with Credit Card or in person at the Front Desk.

### Squash Court Bookings

Call 902-420-5555. Members with a SMUfit Plus membership may book courts up to a week in advance through [athletics.smu.ca](http://athletics.smu.ca). Day Pass & Multi Pass Users can book courts the day of play. Multi Use Pass users cannot use squash courts during prime time, which is Mon-Fri from 4pm to close, unless playing in a league program.

### Squash Nova Scotia:

If you want the most recent news on squash in Nova Scotia, a complete list of the upcoming seasons' tournaments in Atlantic Canada, results and information about all the city leagues, info about other squash clubs in the province and the most up to date list of provincial rankings, please visit [www.squashns.ca](http://www.squashns.ca)

## Drop-In Sports

We are excited to introduce noon hoops and pickleball to our member offerings!

SPORT	DAYS	TIME	LOCATION	REGISTER
Basketball	Fridays	4:30-6:30pm	Main Gym, Court A	No registration required! Drop-in basis
Badminton	Mondays & Wednesdays	12-1pm	Main Gym, Court B	
Pickleball	Saturdays	11am-12pm	Main Gym, Court B	
Table Tennis	Fridays	3:30-4:30pm	Community Room	

For more information, email [info.athletics@smu.ca](mailto:info.athletics@smu.ca)





Homburg Centre for Health & Wellness  
Saint Mary's University  
920 Tower Rd, Halifax, NS B3H 3C3  
[smufit.ca](http://smufit.ca)