

Group Fitness & Rec Sport

Time	Program	Room
MONDAY		
9:15 - 10:00 am	Aqua Fit - Parent & Tot	MP
11:00 am - 12:00 pm	Track/Stroller Time	T
12:10 - 12:50 pm	Core Strength & Stretch	Gym
5:30 - 6:15 pm	Bars & Plates	Gym
TUESDAY		
6:15 - 7:00 am	Core Fit	Gym
9:15 - 10:00 am	Aqua Jog	MP
10:15 - 11:00 am	Ball Fit	Gym 2
12:10 - 12:50 pm	Body Blast	Gym
1:15 - 2:15 pm	Track/Stroller Time	T
1:30 - 2:15 pm	Forever Fit	Gym
7:00 - 7:45 pm	Aqua Fit	MP
WEDNESDAY		
9:15 - 10:00 am	Body Blast	Gym 1
10:30 - 11:15 am	Aqua Jog	MP
11:00 am - 12:00 pm	Track/Stroller Time	T
1:30 - 2:30 pm	Pickle Ball	Gym
5:30 - 6:15 pm	Body Blast	Gym 1
7:15 - 8:00 pm	Zumba®	Gym
THURSDAY		
9:15 - 10:00 am	Boot Camp	Gym 1
12:10 - 12:50 pm	Ball Fit	Gym
1:15 - 2:15 pm	Track/Stroller Time	T
1:30 - 2:15 pm	Forever Fit	Gym
5:30 - 6:15 pm	Body Blast	Gym 1
7:00 - 7:45 pm	Aqua Fit	MP
7:00 - 7:45 pm	Racquet Sports	Gym
FRIDAY		
6:15 - 7:00 am	Boot Camp	Gym
9:15 - 10:00 am	Bars & Plates	Gym 1
10:30 - 11:15 am	Aqua Fit - Parent & Tot	MP
11:00 am - 12:00 pm	Track/Stroller Time	T
11:30 am - 12:00 pm	HIIT	Gym
12:10 - 12:50 pm	Core Fit	Gym
2:00 - 3:00 pm	Pickle Ball	Gym
SATURDAY		
9:15 - 10:00 am	Boot Camp	Gym 1
3:00 - 4:00 pm	Track/Stroller Time	T

** Please register at the Membership Sales & Service Desk.

Open Gymnasium Schedule

Day	Time	Day	Time
MON	6:00 - 9:15 am	FRI	2:15 - 3:50 pm
	10:00 am - 12:00 pm		4:45 - 5:30 pm
	1:00 - 4:00 pm		6:15 - 7:00 pm
TUES	7:00 - 9:15 am	SAT	7:00 - 9:15 am
	1:00 - 1:30 pm		10:00 - 11:30 am
	2:15 - 3:45 pm		12:50 - 2:00 pm
WED	7:00 - 8:00 pm	SUN	4:00 - 5:30 pm
	9:00 - 9:45 pm		6:15 - 8:45 pm
	6:00 - 9:00 am		7:00 - 9:00 am
THURS	10:00 am - 1:30 pm	SUN	12:30 - 8:45 pm***
	2:30 - 4:00 pm		7:00 - 8:45 am
	7:15 - 9:45 pm		12:30 - 4:00 pm***
	12:50 - 1:30 pm		6:00 - 7:45 pm

*** Availability pending on birthday parties

Fitness Leadership

Become a Group Fitness Leader or Personal Trainer. Contact 279-9622 for more information. Full details available on our website.



Time	Program	Room
SUNDAY		
3:00 - 4:00 pm	Track/Stroller Time	T
4:00 - 6:00 pm	Family Open Gym	Gym
7:00 - 7:45 pm	Aqua Fit	MP
8:00 - 8:45 pm	Women's Ball Hockey	Gym

Home Alone Safety Course **

Ages: 10-12 years

Date/Time: Saturday, October 21, 2017 (1:00 - 7:00 pm)

Fee: \$40 Member / \$50 Non-Member

Description:

This one-day course helps children ages 10-12 prepare for their first steps towards independence and being without adult supervision.

Course content includes: injury prevention, internet safety, basic first aid and more. Register at the Membership Sales & Service Desk.

*Completion of this course doesn't ensure that a child is mature enough to be left home alone.