



## Remembrance Day (November 11th) Fitness Class Schedule & Facility Fitness Centre Hours

### Saturday, November 11

8:00am	Aquatic Fitness	1-3	Colm	KM, Pool
8:15am	Super Step	2-3	Blair B	JBCC Shoreline Room
9:00am	Pump it Up (75 min)	2-3	Kelda G	Parkgate MPR
9:00am	Circuit Training	1-2	Rose L.	HJ Circuit Training Room
9:00am	Aerobic Mild	1	May M.	Memorial Capilano Room
9:00am	Intense Body Conditioning	2-3	Andrea B	McDougall Gym
9:00am	Zumba Try It (\$3 registration)	1-2	Louise P.	Delbrook Ash Room
9:30am	Indoor Cycle	2-3	Steve W.	HJ Cycle Studio
9:35am	Legs, Bums & Tums	1-2	Anetta S.	JBCC Shoreline Room
10:00am	Aquafit	1-1	Mary Jane	Harry Jerome Pool
10:45am	Strictly Stretch	1-2	Anetta S.	JBCC Shoreline Room
11:30am	Aerobics Mild (Women only) \$2	1	May M.	Memorial Capilano Room
4:30pm	Aquafit Deep	1-2	Mary Jane	Ron Andrews, Pool

### Sunday, November 12

8:00am	Aquatic Fitness	1-3	Miranda G	KM, Pool
9:00am	Legs, Bums and Tums	2-3	May M.	Memorial Gym
9:15am	Circuit Training	1-2	Rose L.	Parkgate Wt. Rm.
9:30am	YoFit	1-2	Sonbol	Delbrook Ash Room
8:45pm	Women's Only Aquafit Shallow \$2	1-2	Anna C.	Ron Andrews, Pool

# Monday, November 13

7:30am	Phase 4 Cardiac Rehab Program	1	Jillian/Steve	Parkgate MPR
8:00am	Aquatic Fitness	1-3	Farzaneh N.	KM, Pool
8:00am	Masterswim 1 & 2	1-3	Khosro M.	HJ Pool
8:00am	Circuit Training 50+	1-2	Madeline M.	HJ Circuit Training Room
8:00am	Aquafit Shallow	1-2	Anna C.	Ron Andrews, Pool
9:00am	Aerobics Mild +	1-3	Keiko M.	Parkgate Gym
9:00am	Masterswim 2	2-3	John M	Del Pool
9:05am	Cardio Box	2-3	Ashifa S.	Parkgate MPR
9:15am	Low Impact - Moderate	2-3	Christine P.	JBCC Shoreline Room
10:00am	Aquafit Shallow/Deep	1-2	Mary Jane P.	HJ Pool
10:00am	Stretch (30mins)	1-2	Keiko M.	Parkgate Gym
10:30am	Aerobics Mild	1-2	Keiko M.	Parkgate Gym
10:30am	Osteofit	1	Rose L.	Parkgate MPR
10:30am	Circuit Training 50+	1-2	Chris M.	HJ Circuit Training Room
12:10pm	Beginner Bootcamp	1-2	Sandra S.	JBCC Shoreline Room
4:30pm	Aquafit Deep	1-3	Miranda	Del Pool
6:00pm	Strictly Stretch	1-2	Penny S.	Parkgate MPR
6:15pm	YoFit (75mins)	1-3	Lesley P.	RA Windsor Rm
7:30pm	YoFit	1-3	Sandra S.	JBCC Shoreline Room

## WEIGHTROOM HOURS

Facility	Saturday	Sunday	Monday
New Delbrook	7:00am-8:00pm	7:00am-8:00pm	5:30am-10:00pm
Harry Jerome	8:00am-8:00pm	9:00am-8:00pm	5:00am-10:30pm
JBCC	8:00am-6:00pm	8:00am-6:00pm	6:00am-10:00pm
Karen Magnussen	8:00am-8:00pm	8:00am-8:00pm	6:00am-9:00pm
Parkgate	8:00am-6:00pm	8:00am-6:00pm	6:00am-10:00pm
Ron Andrews	8:00am-8:00pm	8:00am-8:00pm	5:00am-10:00pm

**www.nvrc.ca      604-987-PLAY (7529)**