

**Monday, September 3rd, 2018**

**Fitness Class Schedule & Facility Fitness Centre Hours**

8:00am	Aqua Fit	1-2	Farzaneh	KM, Pool
8:00am	Circuit 50 +	1-2	Maddie	HJ Circuit Training Room
8:15am	AquaFit Shallow	1-3	Sue	Ron Andrews, Pool
9:00am	Aerobics Mild +	1-2	Rose	Parkgate Gym
9:00am	Master Swim	3	Khosro	HJ Pool
9:00am	Master Swim	3	John	Ron Andrews, Pool
9:05am	Cardio Box	2-3	Ashifa S.	Parkgate Multipurpose Room
10:00am	Aqua Fit	1-2	Farzaneh	HJ Pool
10:00am	Stretch 30min	1-2	Rose	Parkgate Gym
10:30am	Osteofit	1-2	Rose	Parkgate Multipurpose Room
10:30am	Circuit 50 +	1-2	Chris	HJ Circuit Training Room
4:30pm	Aquafit Deep	2	Maryam	Delbrook Pool

**FITNESS CENTRE HOURS**

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

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