



Family Day Fitness Class Schedule & Facility Fitness Centre Hours

Monday February 18th, 2019

(regular schedules will apply on Saturday February 16th & Sunday February 17th, 2019)

No 8am Aquatic Fitness Class at Karen Magnussen on Sunday February 17th

** No 8:45pm Womens Only AquaFit at Ron Andrews on Sunday, February 17th **

Time	Class Name	Facility	Instructor
8am	Aquatic Fitness	Karen Magnussen, Pool	Farzaneh N.
8am	Circuit Training	Harry Jerome	Maddie
9:00am	Mild +	Parkgate	Sally D.
9:00am	Masters Swim 2	Ron Andrews	John M.
9:00am	Masters Swim 2	Harry Jerome	Khosro
9:15am	Low Impact	John Braithwaite	Christine P.
10:00am	Aquafit	Harry Jerome	Farzenah
10:00am	Stretch (30min)	Parkgate	Sally D.
10:30am	Mild	Parkgate	Sally D.
10:30am	Circuit Training	Harry Jerome	Chris
10:30am	Osteo/Arthritis	Parkgate	Rose
11:00am	Zumba Try It (\$3.00 Register-# 412269)	Delbrook	Louise
5:00pm	Aquafit- Deep	Delbrook Pool	Miranda
7:00pm	Strictly Stretch	Delbrook	Annie

FITNESS CENTRE HOURS

Facility	Monday Feb 18, 2019
Delbrook	7:00am-8:00pm
Harry Jerome	8:00am-8:00pm
JBCC	8:00am-6:00pm
Karen Magnussen	8:00am-8:00pm
Parkgate	8:00am-6:00pm
Ron Andrews	8:00am-8:00pm