



**Remembrance Day (November 12th) Fitness Class
Schedule & Facility Fitness Centre Hours**

6:30 am	CycleFit	Harry Jerome
7:30 am	Cardiac Rehab	Parkgate
8:00am	Aquafit	Karen Magnussen
8:00 am	Circuit	Harry Jerome
9:00 am	Masters Swim	Harry Jerome
9:00 am	Masters Swim	Ron Andrews
9:00 am	Aerobics Mild+	Parkgate
9:05 am	Cardio Box	Parkgate
9:15 am	CycleFit	Harry Jerome
9:15 am	Low Impact Aerobics	John Braithwaite
10:00 am	Aquafit Shallow	Harry Jerome
10:00 am	Stretch – 30 Minutes	Parkgate
10:30 am	OsteoFit	Parkgate
10:30 am	Circuit	Harry Jerome
4:30 pm	Aquafit Deep	Delbrook
6:00 pm	Strictly Stretch	Parkgate
6:45 pm	Strictly Stretch	Delbrook – Maple Room

FITNESS CENTRE HOURS

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

