

Victoria Day - May 20, 2019

Fitness Class Schedule & Facility Fitness Centre Hours

Time	Class Name	Instructor	Facility
8:00am	Circuit 50+	Maddie	Harry Jerome
8:00am	Aquatic Fitness	Farzaneh N.	Karen Magnussen, Pool
9:00am	Master Swim 2	Khosro	Harry Jerome Pool
9:00am	Mild +	Sally D.	Parkgate Gym
9:05am	Cardio Box	Ashifa	Parkgate, Multi-Purpose Room
9:15am	Low Impact Moderate	Chris P	John Braithwaite
10:00am	Stretch (30min)	Sally D.	Parkgate Gym
10:00am	Aquatic Fitness	Farzaneh	Harry Jerome Pool
10:00am	YoFit	Brigitte	Delbrook Maple Room
10:30am	Mild	Sally D.	Parkgate Gym
10:30am	Osteo/Arthritis	Rose	Parkgate, Multi-Purpose Room
4:30pm	Aquafit Deep	TBA	Delbrook Pool
7:00pm	Strictly Stretch	Annie M	Delbrook Maple Room

WEIGHTROOM 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-8:00pm	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	*3:00-8:00pm

*Note: Ron Andrews will be closed on Monday until 3pm for the North Shore Triathlon.
Spectators are welcome to watch the event!