



## Labour Day – September 2, 2019

### Fitness Class Schedule & Facility Fitness Centre Hours

Time	Class Name	Instructor	Facility
8:15am	Aquafit Shallow	Mary Jane	Ron Andrews Pool
9:00am	Master Swim2	Khosro	Harry Jerome Pool
9:00am	Aerobics Mild +	Miranda G.	Parkgate Gym
9:05am	Cardio Box	Ashifa S.	Parkgate Multipurpose Room
9:15am	Cardio 2	Christine P.	John Braithwaite
10:00am	Stretch 30min	Miranda G.	Parkgate Gym
10:30am	Osteofit	Rose	Parkgate Multipurpose Room
4:30pm	Aquafit Deep	Miranda	Delbrook Pool
7:00pm	Yoga Fusion	Annie	Delbrook Maple Room

### 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

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