NORTH VANCOUVER Recreation & Culture

Victoria Day - May 22nd, 2017
Fitness Class Schedule & Facility Fitness Centre Hours

8:00am	Circuit Training 50+	1-2	Madeline	Harry Jerome Circuit Room
8:00am	Aquafit Moderate	1-3	Susan F	KM Pool
9:00am	Mild +	1-2	Keiko	Parkgate Gym
9:15am	Indoor Cycle	1-3	Kat T	HJ Cycle Studio
9:15am	Cardio Box	1-3	Ashifa	PG Multipurpose Room
9:15am	Low Impact Moderate	1-2	Christine C-P	JBCC Shoreline Rm
10:30am	Aquafit Shallow/Deep	1-2	Mary Jane P	Harry Jerome Pool
10:00am	Seniors Stretch	1-2	Keiko	PG Gym
10:30am	Mild	1-2	Keiko	Parkgate Gym
11:00am	Zumba $2	2-3	Louise	New Delbrook, Ash Room
6:15pm	YoFit	1-2	Mehranoush	Ron Andrews Windsor Room

WEIGHTROOM HOURS

Facility	Saturday	Sunday	Monday
New 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	*3:00pm-8:00pm

*Note: Ron Andrews Community Recreation Centre closed until 3pm on Monday

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