

DROP-IN SCHEDULES

WEIGHT ROOM & CARDIO ROOM

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 8:30 am - 8:30 pm	Open Gym 10:00 am - 8:30 pm	Open Gym 10:00 am - 5:30 pm
Teen Gym (13 - 15 yrs) 3:30 pm - 6:30 pm		Teen Gym (13 - 15 yrs) 3:30 pm - 6:30 pm		Teen Gym (13 - 15 yrs) 3:30 pm - 6:30 pm	Teen Gym (13 - 15 yrs) 1:00 pm - 4:00 pm	Teen Gym (13 - 15 yrs) 3:30 pm - 5:30 pm

AQUATICS

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Public Swim 8:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 8:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 8:30 am - 8:00 pm	Public Swim 12:00 pm - 8:00 pm	Public Swim 12:00 pm - 5:00 pm
Lane Swim 8:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	Lane Swim 8:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	Lane Swim 8:30 am - 10:30 am	Lane Swim 6:00 pm - 8:00 pm	

FITNESS CLASSES

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Zumba Gold 9:45 am - 10:30 am		Zumba Gold 9:45 am - 10:30 am				
Seated Zumba Gold 10:45 am - 11:30 am	Seated Zumba Gold 10:45 am - 11:30 am	Seated Zumba Gold 10:45 am - 11:30 am	Seated Zumba Gold 10:45 am - 11:30 am		Slow Yoga 10:15 am - 11:15 am	
Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm - 12:45 pm	Fitness Express 12:00 pm - 1:00 pm	Strength & Core 12:00 pm - 12:45 pm			
Strength & Core 5:00 pm - 5:45 pm	Zumba 5:30 pm - 6:30 pm					
TRX 6:30 pm - 7:30 pm	Flow Yoga 6:45 pm - 7:45 pm	TRX 6:30 pm - 7:30 pm	Power Yoga 6:30 pm - 7:30 pm			

ARENA - UNTIL MARCH 14

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Adult Skate 9:00 am - 10:00 am		Adult Skate 9:00 am - 10:00 am		Adult Skate 9:00 am - 10:00 am		
Parent & Tot Skate 10:00 am - 11:00 am	Adult Shinny 10:30 am - 11:45 am	Parent & Tot Skate 10:00 am - 11:00 am	Public Skate 12:15 pm - 1:30 pm	Parent & Tot Skate 10:00 am - 11:00 am		
			Adult Shinny 1:30 pm - 2:45 pm		Public Skate 1:30 - 3:00 pm	Public Skate 1:30 pm - 3:00 pm
	Youth Casual Hockey 3:15 pm - 4:30 pm		Student Casual Hockey 3:15 pm - 4:30 pm	Adult Casual Hockey 3:15 pm - 4:30 pm		
	55+ Hockey 8:00 pm - 9:15 pm	Public Skate 5:45 pm - 7:00 pm		Family Casual Hockey 4:45 pm - 6:00 pm		

*No Adult or Family Casual Hockey Jan 19, Feb 9, Mar 1. No Public Skate Jan 20 & 21, Feb 10, Mar 2.

All schedules are subject to change.