

B.C. Day Weekend Fitness Class Schedule & Facility Weightroom Hours

Saturday, July 31st

Time	Class	Level	Instructor	Location
8:15 am	Super Step	2-3	Blair P	JBCC, Shoreline Room
9:00 am	Aerobics Mild	1 - 2	Claire A	Memorial, Cap Room
9:30 am	Indoor Cycle	1 – 3	Steve W	Harry Jerome, Spin Studio
9:30 am	Pump It Up	1 – 3	Louise P	Memorial, Gym
9:35 am	Legs, Bums & Tums	1-3	Colleen K	JBCC, Shoreline Room
10:40 am	Super Stretch	1-3	Blair P	JBCC, Shoreline Room

Sunday, August 1st

9:00 am	Legs, Bums & Tums (75min)	2 - 3	May M.	Memorial Gym
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Monday, August 2nd

9:15 am	Indoor Cycle	1 – 3	Louis B.	Harry Jerome, Spin Studio
11:00 am	Salsa Workout	2 - 3	Louise P	Memorial Gym
12:10 pm	Super Step (40min)	2 - 3	Louise P	Memorial Gym

WEIGHTROOM HOURS

Facility	Saturday	Sunday	Monday
Harry Jerome	9:00 am - 5:00 pm	9:00 am - 5:00 pm	7:30 am - 3:30 pm
JBCC	8:00 am – 7:00 pm	9:00 am – 5:00 pm	9:00 am – 4:00 pm
Karen Magnussen	11:00 am – 6:00 pm	11:00 am – 6:00 pm	11:00 am – 6:00 pm
Parkgate	8:00 am - 6:00 pm	8:00am – 6:00 pm	8:00am – 6:00 pm
Ron Andrews	6:30 am – 10:00 pm	8:00 am – 8:00 pm	1:00 pm – 9:00 pm
William Griffin	7:00 am – 6:00 pm	8:00 am – 8:00 pm	9:00 am – 5:00 pm