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Labor Day Weekend Fitness Class Schedule & Facility Weightroom Hours

Saturday, September 4th

Time	Class	Level	Instructor	Location
8:15 am	Super Step	2-3	Colleen K.	JBCC, Shoreline Room
9:00 am	Pump It Up!	2 - 3	Penny S.	Parkgate, MPR
9:00 am	Aerobics Mild	1 - 2	Claire A.	Memorial, Cap Room
9:30 am	Pump It Up	2 - 3	Louise P.	Memorial, Gym
9:35 am	Legs, Bums & Tums	1-3	Colleen K.	JBCC, Shoreline Room
10:40 am	Strictly Stretch	1-3	Colleen K.	JBCC, Shoreline Room

Sunday, September 5th

9:00 am	Legs, Bums & Tums (75min)	2 - 3	May M.	Memorial Gym
9:00 am	Super Step (75 Min)	2 - 3	Charlotte G.	Ron Andrews, Windsor Rm

Monday, September 6th

8:00 am	Circuit 50+	1	Kim P.	Harry Jerome, CT Room
9:00 am	Step Interval (75min)	2 - 3	Charlotte G.	Memorial Gym
9:15 am	Indoor Cycle	1 - 3	Louis B.	Harry Jerome, Spin Studio
9:15 am	Cardio Box	3	Kelda G.	Parkgate, MPR
11:00 am	Salsa Workout	1 - 2	Louise P.	Memorial Gym
12:10 pm	Super Step (40min)	2 - 3	Louise P.	Memorial Gym

WEIGHTROOM HOURS

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