



Your North Vancouver Recreation Commission's  
Canada Day Weekend Fitness Schedule

**Thursday, July 1<sup>st</sup>**

8:30am	Seniors' Circuit	1	Colleen E.	Parkgate Weight Room
9:15am	Indoor Cycle (All Levels)	1 - 3	Andrenea T.	Harry Jerome Spin Studio
9:15am	Super Step	3	Bev M.	Parkgate MPR

**Friday, July 2<sup>nd</sup>**

5:30am	Masterswim	2-3	Hessam S.	Ron Andrews, Pool
6:30am	Master Swim	2-3	Khosro M.	Harry Jerome, Pool
7:30am	Cardiac Rehab	1-2	Rose L/ Linda B.	Parkgate MPR
7:30am	AquaFit (Deep)	2-3	Brigitte L.	Harry Jerome, Pool
7:30am	Aquacise	1-3	Monica T.	Griffin Pool
7:45am	Swim Fit	1-3	John M.	Griffin Pool
8:00am	AquaFit	1-3	Susan F.	Karen Magnussen, Pool
8:00am	AquaFit (Shallow)	1-3	Heather K.	Ron Andrews, Pool
8:00 am	Circuit 50+	1-2	Kim P./Judy C.	Harry Jerome Circuit Room
9:00am	Fit and Fifty +	1-2	Ivana C.	Parkgate Gym
9:10am	Step N' Sculpt (75 min)	2-3	Charlotte G.	Parkgate MPR
9:15am	Indoor Cycle (All Levels)	1 - 3	Andrenea T.	Harry Jerome Spin Studio
9:15am	Moderate (Women's Only) \$1	1-3	Christine P.	JBCC Shoreline Room
9:30am	Stroke Rehab AquaFit	1	Jan L./Judy B.	Karen Magnussen, Pool
10:00am	Stretch (30 mins)	1	Ivana C.	Parkgate Gym
10:15am	Circuit 50+	1-2	Rose L.	Karen Magnussen, Weight Rm
10:30am	Arthritis 1 AquaFit	1-2	Annick G.	Karen Magnussen, Pool
10:30am	Fit and Sixty +	1-2	Ivana C.	Parkgate Gym
10:30am	Circuit 50+	1-2	Judy C.	Harry Jerome Circuit Room
12:10pm	Bootcamp Circuit	2-3	Jennifer S.	JBCC Shoreline Room
12:10pm	Pump it Up (40 min)	1 - 2	Louise P.	Memorial, Gym
1:10pm	YoFit	1-3	Melissa H.	JBCC Shoreline Room
1:30pm	Active with Arthritis	1-2	Judy B.	Harry Jerome, Pool
6:00pm	Yofit	1-3	Charlotte G.	Ron Andrews, Windsor Rm
6:00pm	Yofit	1-3	Brigitte L.	Griffin Edgemont Rm

**Saturday, July 3<sup>rd</sup>**

8:00am	AquaFit	2-3	Jenn M.	Karen Magnussen, Pool
8:15am	Super Step (75 min)	2-3	Blair P.	JBCC Shoreline Room
8:30am	Master Swim	2-3	Khosro M.	Harry Jerome, Pool
8:30am	Bootcamp	3	Chris K.	Parkgate Gym
8:45am	Cardio Conditioning (75 min)	1-3	May M.	Ron Andrews, Windsor Rm
9:00am	Pump it Up	2	Penny S.	Parkgate MPR
9:00am	Aerobics Mild	1 - 2	Chris M.	Memorial, Cap Room
9:30am	Pump It Up	1 - 3	Louise P.	Memorial, Gym
9:30am	Indoor Cycle (All Levels)	1 - 3	Steve W.	Harry Jerome Spin Studio
9:35am	Legs, Bums & Tums	2-3	Colleen K.	JBCC Shoreline Room
10:40am	Strictly Stretch	1-3	Blair P.	JBCC Shoreline Room

**Sunday, July 4<sup>th</sup>**

8:00am	AquaFit	1-3	Judy C.	Karen Magnussen, Pool
9:00am	Legs, Bums & Tums (75min)	2 - 3	May M.	Memorial Gym
9:15am	Super Step (75 min)	2-3	Charlotte G.	Ron Andrews Windsor Rm



**WEIGHTROOM HOURS**



Facility	Thursday	Friday	Saturday	Sunday
<b>Parkgate</b>	8:00am-6:00pm	6:00am-10:00pm	8:00am-6:00pm	8:00am-6:00pm
<b>Ron Andrews</b>	1:00-9:00pm	5:30am-10:00pm	6:30am-10:00pm	8:00am-8:00pm
<b>Karen Magnussen</b>	11:00am-6:00pm	6:00am-9:00pm	8:00am-6:00pm	8:00am-6:00pm
<b>William Griffin</b>	9:00am-5:00pm	5:30am-8:00pm	7:00am-6:00pm	8:00am-8:00pm
<b>Harry Jerome</b>	7:30am-3:30pm	5:00am-10:30pm	7:30am-10:00pm	9:00am-5:00pm
<b>JBCC</b>	9:00am-4:00pm	6:00am-8:00pm	8:00am-7:00pm	9:00am-5:00pm