

HGH Employee Wellness Centre

Fitness Class Schedule – Fall 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
TIME	4 North, Room 403	4 North, Room 403	4 North, Room 403	4 North, Room 403	4 North, Room 403
0000 - 07:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
07:00-07:45					
07:45-12:15					
12:15-12:45	Pilates (PHRI) 12:00-12:30PM	Open Gym	Open Gym	Open Gym	Yoga (Ron Joyce) 12:05 - 12:50PM
13:00-16:00	Yoga (Ron Joyce) 1:05 - 1:50PM				Pilates (Ron Joyce) 1:05 - 1:50PM
16:00-16:50	Open Gym				Total Body Strength 4:00- 4:30PM
17:00-17:50		Total Body Strength 4:30- 5:00PM			
18:00-19:00					
19:00-24:00					
<p>Pre-registration required for fitness classes. Please wear proper attire and footwear and be mindful of those working in nearby offices (i.e. do not drop weights and keep volume of music/videos reasonable). Thank you for your cooperation.</p>					
<p><i>*Wellness Centre will be closed during fitness classes to non-participants. Thank you for your cooperation and understanding. HAVE FUN!</i></p>					