

HGH Employee Wellness Centre

Fitness Class Schedule – Spring 2019



	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	
07:00-07:45						
07:45-12:15						
12:15-12:45	Pilates (PHRI) 11:00-11:30AM				Open Gym	Yoga (Ron Joyce) 12:05 - 12:50PM
13:00-16:00	Yoga (Ron Joyce) 1:05 - 1:50PM			HIIT (Marg Charters) 12:15-12:45PM		Pilates (Ron Joyce) 1:05 - 1:50PM
16:00-16:50	HIIT (Ron Joyce) (4:15-4:45PM)				HIIT (Ron Joyce) (4:15-4:45PM)	Open Gym
17:00-17:50						
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>						