

HGH Employee Wellness Centre

Fitness Class Schedule – Winter 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				HIIT (Marg Charters) 11:30AM-12:00PM	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							

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.

**Wellness Centre will be closed during fitness classes to non-participants.
Thank you for your cooperation and understanding. HAVE FUN!*