

JHCC Employee Wellness Centre

Fitness Class Schedule –Fall 2018



	Monday	Tuesday	Wednesday	Thursday	Friday	
TIME	M Wing, Level 1	M Wing, Level 1	M Wing, Level 1	M Wing, Level 1	M Wing, Level 1	
0000 - 0630	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
06:30-07:30						
07:30-12:05						
12:05-12:50		Yoga (12:05 - 12:50PM)	Yoga (12:05 - 12:50PM)	HIITS (12:15-12:45PM)		
13:00-13:15		Open Gym	Open Gym	Open Gym		Open Gym
13:15-15:15						
15:15-16:00				Total Body Strength 4:00-4:30PM		
16:15-17:00						
16:30 - 17:30						
17:15-18:00						
18:00 - 19:00						
19:00-24:00						
<p>Pre-registration required for all fitness classes. Centre is closed for Open Gym use when fitness classes are in session. Weekends are Open Gym 24hours. Please keep music/video volume reasonable for those working nearby!</p> <p>**Pre-registration required for Spin Classes. Spin sessions are 8 weeks (Monday) or 10 weeks (Wednesday) . No passes permitted due to limited # of bikes. Thank you for your cooperation and understanding.</p>						