

JHCC Employee Wellness Centre

Fitness Class Schedule – Spring 2019



| | 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 | | Total Body Strength (1:00-1:30PM) |
| 13:15-15:15 | | | | | | |
| 15:15-16:00 | | | | Open Gym | | Total Body Strength (4:00 – 4:45PM) Yoga 5:00-6:00PM |
| 16:15-17:00 | | | | | | |
| 16:30 - 17:30 | | | | | | |
| 17:15-18:00 | | | | | | |
| 18:00 - 19:00 | | | | | | |
| 19:00-24:00 | | | | | | |

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!

****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.**

