

JHCC Employee Wellness Centre

Fitness Class Schedule – Winter 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	Open Gym	Yoga (12:05 - 12:50PM)	Yoga (12:05 - 12:50PM)	HIITS (12:15-12:45PM)	
13:00-13:15					
13:15-15:15					
15:15-16:00					
16:15-17:00		Open Gym	Total Body Strength (4:00 – 4:45PM)	Open Gym	
16:30 - 17:30					
17:15-18:00		Yoga 5:00-6:00PM			
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.**