



# SENIOR RAVENS SCHEDULE



FALL 2023 (SEPT 11 - DEC 15)

## MON

**6:10 - 7:25 AM**  
**FITNESS SWIM**  
(SHALLOW + DT)  
POOL

**7:00 - 12:00 PM**  
**TRACK & FITNESS**  
CENTRE ACCESS

**9:30 - 10:45 AM**  
**SENIOR STRETCH & STRENGTH**  
MULTIPURPOSE ROOM/ONLINE  
TOM S.

**11:45 - 1:15 PM**  
**REC SWIM**  
POOL

## TUE

**7:35 - 8:50 AM**  
**FITNESS SWIM**  
(SHALLOW)  
POOL

**7:00 - 12:00 PM**  
**TRACK & FITNESS**  
CENTRE ACCESS

**12:05 - 12:55 PM**  
**PILATES FOR BEGINNERS**  
YOGA STUDIO  
PAM F.

**11:45 - 1:15 PM**  
**REC SWIM**  
POOL

## WED

**6:10 - 7:25 AM**  
**FITNESS SWIM**  
(SHALLOW + DT)  
POOL

**7:00 - 12:00 PM**  
**TRACK & FITNESS**  
CENTRE ACCESS

**9:30 - 10:45 AM**  
**SENIOR STRETCH & STRENGTH**  
MULTIPURPOSE ROOM/ONLINE  
TOM S.

**11:45 - 1:15 PM**  
**REC SWIM**  
POOL

## THU

**7:35 - 8:50 AM**  
**FITNESS SWIM**  
(SHALLOW + 3 LANES  
50M LC)

**7:00 - 12:00 PM**  
**TRACK & FITNESS**  
CENTRE ACCESS

**12:05 - 12:55 PM**  
**PILATES FOR ALL**  
YOGA STUDIO  
PAM F.

**11:45 - 1:15 PM**  
**REC SWIM**  
POOL

## FRI

**6:10 - 7:25 AM**  
**FITNESS SWIM**  
(SHALLOW + DT)  
POOL

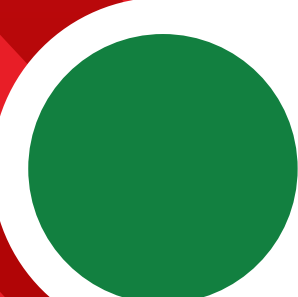
**7:00 - 12:00 PM**  
**TRACK & FITNESS**  
CENTRE ACCESS

**9:30 - 10:45 AM**  
**SENIOR STRETCH & STRENGTH**  
MULTIPURPOSE ROOM/ONLINE  
TOM S.

**11:45 - 1:15 PM**  
**REC SWIM**  
POOL



**SWIM**



**GROUP FITNESS**



**FITNESS CENTRE**

**WOMEN'S ONLY FITNESS CENTRE HOURS ARE OFFERED DAILY FROM 10:00 AM - 11:30 AM**