



SENIOR RAVENS SCHEDULE



WINTER 2024 (JAN 8 - APR 19)

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 BASED
CORE STRONG
YOGA STUDIO
DANIEL Z.

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
POWER YOGA
YOGA STUDIO
ETIENNE R.

11:45 - 1:15 PM
REC SWIM
POOL

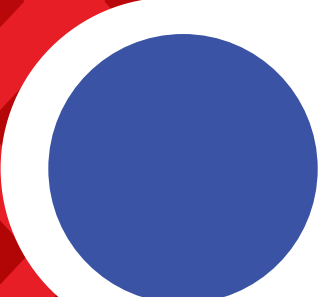
FRI

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

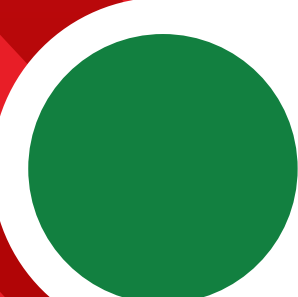
7:00 - 12:00 PM
TRACK & FITNESS
CENTRE ACCESS

9:30 - 10:45 AM
SENIOR STRETCH &
STRENGTH
MULTIPURPOSE ROOM/ONLINE
DANIEL Z.

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