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
12:05 - 12:55 PM
POWER YOGA
YOGA STUDIO
ETIENNE R.
11:45 - 1:15 PM
REC SWIM
POOL

**THU**
7:35 - 8:50 AM
FITNESS SWIM
(SHALLOW + DT)
POOL
7:00 - 12:00 PM
TRACK & FITNESS
CENTRE ACCESS
12:05 - 12:55 PM
SENIOR STRETCH &
STRENGTH
MULTIPURPOSE ROOM/ONLINE
TOM S.
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

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