

SENIOR RAVENS SCHEDULE

FALL 2024 (SEPT 3 - DEC 20)

MON

6:10 - 7:30 AM
FITNESS SWIM
(SHALLOW)
POOL

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

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

12:05 - 12:55 PM
AQUAFIT
POOL
MEGAN S.

11:45 - 1:15 PM
REC SWIM
POOL

TUE

7:30 - 9:00 AM
FITNESS SWIM
(SHALLOW)
POOL

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

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

11:45 - 1:15 PM
REC SWIM
POOL

WED

6:10 - 7:30 AM
FITNESS SWIM
(SHALLOW)
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

7:30 - 9:00 AM
FITNESS SWIM
(SHALLOW + 3 LANES
50M LC)

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

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

11:45 - 1:15 PM
REC SWIM
POOL

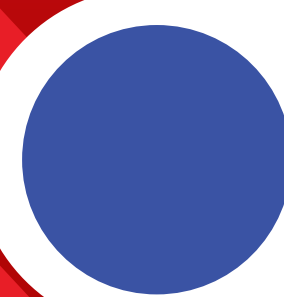
FRI

6:10 - 7:30 AM
FITNESS SWIM
(SHALLOW)
POOL

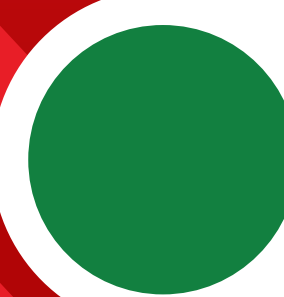
7:00 - 12:00 PM
TRACK & FITNESS
CENTRE ACCESS

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**