



# SENIOR RAVENS SCHEDULE



SPRING 2023 (MAY 1 - JUNE 30)

## 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**  
**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 ALL**  
YOGA STUDIO  
ALICIA H.

**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**  
**STRETCH & STRENGTH**  
MULTIPURPOSE ROOM/ONLINE  
TOM S.

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

## THU

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

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

**9:30 - 10:45 AM**  
**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

**12:05 - 12:55 PM**  
**YIN YOGA**  
YOGA STUDIO  
ALYSE M.

**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**