

SENIOR RAVENS SCHEDULE



SUMMER 2024 (JULY 2 - AUG 21)

MON

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

7:00 - 12:00 PM
FITNESS CENTRE
ACCESS

9:30 - 10:45 AM
SENIOR STRETCH &
STRENGTH
ONLINE ONLY
TOM S.

11:30 - 1:00 PM
REC SWIM
POOL

TUE

7:35 - 8:35 AM
FITNESS SWIM
(DEEP + DT)
POOL

7:00 - 12:00 PM
FITNESS CENTRE
ACCESS

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

11:30 - 1:00 PM
REC SWIM
POOL

WED

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

7:00 - 12:00 PM
FITNESS CENTRE
ACCESS

9:30 - 10:45 AM
SENIOR STRETCH &
STRENGTH
ONLINE ONLY
TOM S.

11:30 - 1:00 PM
REC SWIM
POOL

THU

7:35 - 8:35 AM
FITNESS SWIM
(DEEP + DT)
POOL

7:00 - 12:00 PM
FITNESS CENTRE
ACCESS

12:00 - 1:00 PM
SENIOR STRETCH &
STRENGTH
MULTIPURPOSE ROOM/ONLINE
DANIEL Z.

11:30 - 1:00 PM
REC SWIM
POOL

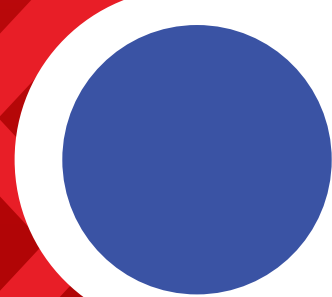
FRI

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

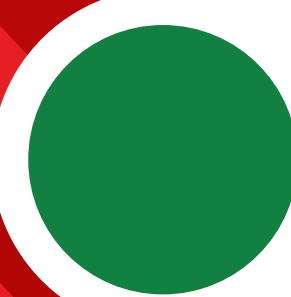
7:00 - 12:00 PM
FITNESS CENTRE
ACCESS

12:05 - 12:55 PM
SPIN & YOGA
SPIN STUDIO
LISA H.

11:30 - 1:00 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



Carleton
RAVENS