



Garrison Petawawa
Community Access Card

Healthy Living and Fitness Schedule

Winter 2018

Let your CAC Membership help you reach your health and lifestyle goals.

All of the services listed here

(except Supervised Play)

are included in your membership.

Classes are for ages 16+ years unless otherwise indicated.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH
2:00-3:55 pm Open Swim DDH Pool	9:00-9:55 am Leisure Swim DDH Pool	9:05-9:55 am Aqua Fitness Class DDH Pool	9:05-9:55 am Aqua Fitness Class DDH Pool	9:05-9:55 am Aqua Fitness Class DDH Pool	9:00-9:55 am Leisure Swim DDH Pool	9:15-10:15 am Muscle Pump Class Rec Plex
4:00-4:55 pm Lane Swim DDH Pool	9:45-10:45 am Muscle Pump Class Rec Plex	9:45-10:45 am Boot Camp Class Rec Plex	9:45-10:45 am Yogalates Class Rec Plex	9:45-10:45 am Body Blast Class Rec Plex	9:45-10:45 am Yoga Class Rec Plex	10:30-11:30 am Spin Class DDH Spin Room
4:00-4:55 pm Family Swim DDH Wading Pool	10:00-10:55 am Lane Swim DDH Pool	12:00-6:00 pm Casual Facility Use AFC	10:00-10:55 am Lane Swim DDH Pool	12:00-6:00 pm Casual Facility Use AFC	10:00-10:55 am Lane Swim DDH Pool	2:00-3:55 pm Open Swim DDH Pool
Let DFIT.CA be your personal online trainer Register with your CF1 Card	10:00-10:55 am Parent & Tot Swim DDH Wading Pool	6:00-7:00 pm Boot Camp Class AFC	10:00-10:55 am Parent & Tot Swim DDH Wading Pool	6:00-7:00 pm Boot Camp Class AFC	10:00-10:55 am Parent & Tot Swim DDH Wading Pool	4:00-4:55 pm Lane Swim DDH Pool
	12:00-6:00 pm Casual Facility Use AFC	7:00-8:00 pm Zumba Class (10+) Rec Plex	12:00-6:00 pm Casual Facility Use AFC	7:00-8:00 pm Zumba Class (10+) Rec Plex	12:00-6:00 pm Casual Facility Use AFC	4:00-4:55 pm Family Swim DDH Wading Pool
Schedule in effect 08 Jan to 22 Jun 2018 Please note, you will need to present your CAC card to gain access at no additional cost.	6:00-7:00 pm Body Blast Class Rec Plex	7:00-7:55 pm Family Swim DDH Wading Pool	6:00-7:00 pm Muscle Pump Class Rec Plex	7:00-7:55 pm Family Swim DDH Wading Pool	7:00-7:55 pm Open Swim DDH Pool	REC PLEX 30 Festubert Blvd Bldg S-117 613-687-2932 DDH DUNDONALD HALL 57 Festubert Blvd Bldg P-118 613-687-4500 AFC ARMY FITNESS CENTER 3 Festubert Blvd Bldg Q-103 613-687-5511 x7974
	7:00-7:55 pm Open Swim DDH Pool	7:15-8:30 pm Yoga Class (10+) Rec Plex	7:00-7:55 pm Open Swim DDH Pool	7:15-8:15 pm Spin Class DDH Spin Room	8:00-9:25 pm Lane Swim DDH Pool	
	7:00-8:00 pm POP Pilates (10+) Rec Plex	8:00-8:55 pm Aqua Fitness (10+) DDH Pool	7:15-8:15 pm Spin Class DDH Spin Room	8:00-8:55 pm Aqua Fitness (10+) DDH Pool	Non CAC Participation If there is available space, non CAC individuals may participate for a fee. DDH use \$6 per person Class Fees \$10 per person	
	7:15-8:15 pm Spin Class DDH Spin Room	9:00-9:55 pm Lane Swim DDH Pool	8:00-9:25 pm Lane Swim DDH Pool	9:00-9:55 pm Lane Swim DDH Pool		
8:00-9:25 pm Lane Swim DDH Pool	Youth friendly classes (10+ years) are as listed: POP Pilates Monday 7 pm, Zumba Tuesday 7pm, Yoga Tuesday 7:15pm, Aqua Fitness Tuesday 8 pm, Zumba Thursday 7pm, Aqua Fitness Thursday 8 pm					
Supervised Play Sessions hosted at the Recreation Complex Monday—Friday 9:45-10:45 am Fees Apply: CAC Membership + \$5 for the 1st child & \$3 for 2nd+ child(ren) on the same membership. You must pre-register and pay at the Rec Plex for your 'play' spot. Space is limited.						