

# SUMMER NEWS!

## Community Recreation Fitness And Wellness Newsletter

Volume 1, Issue 2



### New Summer Schedule

As all the summer camp munchkins get ready to move in and take over the Recreation Complex we are starting our summer fitness schedule.

Check it out!



### SUMMER CAC FITNESS SCHEDULE

AFC: Army Fitness Centre    DDH: Dundonald Hall    Rec Plex: Recreation Complex



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:50am		Aquafit DDH Pool	Aquafit DDH Pool	Aquafit DDH Pool	
9:15am-10:15			Outdoor Boot Camp Rec Plex		
5:00-5:45pm			Strong 45 DDH Spin Room <b>**Starts 10 July</b>		
6:00-6:45pm	Spin DDH Spin Room		Spin DDH Spin Room		
6:00-7:00		Boot Camp AFC  Yoga RP Studio		Boot Camp AFC  Zumba RP Gym	
8:00pm		Aquafit DDH Pool		Aquafit DDH Pool	

### Class Schedule Updates

- The summer Spin classes are moving to 6pm and will go to 6:45. These HIIT classes can get an hour long calorie burn in 45 minutes!
- We have a great after work option on Wednesdays with our Strong45 class. The first class will be on 10 July. Strong45 packs a challenging full body workout into 45 minutes.
- Our Yoga and Zumba evening classes at the Recreation Complex are moving to 6pm.
- Our AFC Boot Camp classes can be modified to be suitable for all fitness levels. Whether you are new to the class or a longtime participant, modifications and progressions are available during the workout!
- Let's take it outside this summer! Wednesday mornings we will have an Outdoor Boot Camp class. This is a drop in format. All classes start at the Recreation Complex and you sign in at the front desk as you would for our regular indoor classes. This class will be cancelled if the weather is not cooperating (rain and/or thunderstorms).
- We have new equipment to sign out from the Recreation Complex! If you enjoy walking during the summer time, sign out some Nordic Walking Poles to level up your workout! These are free for CAC members and \$5 for NON CAC.

# Summer Long Weekend Hours and Program Cancellations:

The **Recreation Complex** and the **Army Fitness Centre** are closed Holiday Mondays over the summer.

**Dundonald Hall** keeps regular hours on Saturdays and Sundays on long weekends and then is open 9:00am to 5:00pm on each Monday.

Spin classes are cancelled on Holiday Mondays.

## Summer Facility Hours

<b>Dundonald Hall</b> <b>Summer Hours</b> Monday to Sunday: 9am -10pm  Holidays 9am to 5pm  613-687-4500	<b>Army Fitness Centre</b> <b>Summer Hours</b> Monday to Friday: 11:30am -6pm  Saturday/Sunday/Holidays: Closed  613-687-5511*7974	<b>Recreation Complex</b> <b>Summer Hours</b> Monday to Thursday: 8am -7pm Friday: 8am -6pm  Saturday/Sunday/Holidays: Closed  613-687-2932	<b>South Side Community Centre</b> <b>Summer Hours</b> Monday to Friday: 8am-6pm  Saturday/Sunday/Holidays: Closed  613-687-2104
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Summer is here! Days are getting warmer and we want to play outside and stay active! To help you be safe and successful with your summer training here are a few tips:

1. **Pick your time** - Try to get your exercise in when the sun isn't so high in the sky. Earlier mornings and evenings will allow you to workout when the temperature and humidity isn't as high and the UV index is lower.
2. **Pick your clothes** - try to wear lighter, breathable clothing to help you stay cool in the heat.
3. **Hydrate often** - this was our #4 tip for spring fitness but it works all year round. In the summer we often lose even more fluid through sweat so make sure you are drinking sufficient water before, during and after your exercise session.
4. **Have fun!** We only get a few months of nice weather so sometimes forgoing a workout for some play time at the beach can be the best decision. Get some natural Vitamin D with the sunshine, but make sure you don't stay out too long or forget your sunscreen!

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