



22 Wing Fitness & Wellness Centre Spring 2019 Gym/Class Schedules

29 Duxford Road, Hornell Heights
705-494-2011 ext. 2610

Effective
March 25th 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MILITARY TRAINING 6:30-12:00	MILITARY TRAINING 6:30-8:30 FORCE EVALUATIONS 9:00-12:00	MILITARY TRAINING 6:30-12:00	MILITARY TRAINING 6:30-8:30 FORCE EVALUATIONS 9:00-12:00	MILITARY TRAINING 6:30-12:00	<i>*Schedule subject to change without notice</i>	
Military/RAM Open Gym 12:15-12:45	Military/RAM Open Gym 12:15-12:45	Military/RAM Open Gym 12:15-12:45	Military/RAM Open Gym 12:15-12:45	Military/RAM Open Gym 12:15-12:45	Regular Member Family Open Gym 8:00-10:00	Regular Member Family Open Gym 8:00-12:45
MILITARY TRAINING 1:00-4:00	MILITARY TRAINING 1:00-4:00	MILITARY TRAINING 1:00-4:00	MILITARY TRAINING 1:00-4:00	MILITARY TRAINING 1:00-4:00	Regular Member Open Gym 10:00-12:00	Open Gym 12:45-3:00
MILITARY SPORTS Soccer 4:00-6:00	MILITARY SPORTS Ball Hockey 4:00-6:00	MILITARY SPORTS 4:00-6:00	MILITARY SPORTS 4:00-6:00	MILITARY SPORTS 4:00-6:00	Open Gym 12:00-7:45	
BOOTCAMP 6:15-7:15 Kids Stretch & Play 6:15-7:15 Open Gym 7:30-9:45	Aikido 6:00-9:45 Rockwall All Ages 6:00-8:00 ½ Open Gym 8:15-9:45	Open Gym 6:15-9:45	Open Gym 6:15-9:45	Aikido 6:00-8:45 Family Rockwall 6:00-7:00 Adult Rockwall 7:00-8:00		Pickleball & Badminton 5:00 - 8:00

*Programs designated for Military/Dependents/Base employees

Age Restrictions:

- 1) Children 6 to 10 years of age may not be left unattended, except during supervised programs.
- 2) Only those 13 years of age or older are permitted to use the weight training and cardio equipment (ages 13-17 must do Intro to weight & cardio course).
- 3) Children 16 years of age and under are not permitted in the sauna unless supervised by a parent or guardian.

Multi-Purpose/Spin Room Schedule

Tuesday	Wednesday	Thursday	Saturday
Spin 6:00-6:45pm	*Yoga 12:00-12:45pm	Yoga Fitness 5:00-6:00pm *NEW TIME	Spin 10-10:45am

Daily Drop-in Rates

***Drop-ins are only valid after 4:00 pm during the week** and anytime on the weekend.

12 years and under - \$6.00
13 years and older - \$10.00

Visit us online at: www.cafconnection.ca/North-Bay

Visit us on Facebook: 22 Wing Fitness & Wellness Centre

Hours of Operation

Monday to Thursday 8:30 am to 10:00 pm
Friday 8:30 am to 9:00 pm
Saturday & Sunday 8:00 am to 8:00 pm

Military/Veteran Restricted Times

Monday-Friday: 6:00-8:30 am
*11:30-1:30 pm

Descriptions & Terminology

NEW* Kids Stretch & Play Monday 6:15-7:15 pm for ages 6-12 years

This 10 class program features a combination of yoga based stretching, youth Bootcamp style exercises with games and healthy lifestyle conversations. This class runs alongside the Monday night adult Bootcamp which provides an excellent opportunity for parents to get a workout as well as their child.

Youth Stretch and Play will take place in the spin room! This class begins March 25th and ends June 10th (there are no classes Easter Monday or Victoria Day)

. **The course is a 10 class session starting March 25th and ending June 10th 2019 (No class on Apr 22 & May 20).**

Regular/Military Members: \$5.00 RAM & Ordinary Members: \$10.00 Non-Members: \$15.00

NEW Time* Yoga Fitness: Thursday 5:00-6:00 pm *Only 12 spots available each class

Pre-sign up for our NEW YogaFit class directed by one of our level 1 certified instructors. YogaFit classes involve linking several poses together to create strength, flexibility, endurance, and balance.

***No charge for members, Drop-ins \$10.00**

Indoor Rockwall Climbing: Tuesday 6:00-8:00 pm (All ages) starting Sept 14 2018

Friday 6:00-7:00 pm (ages 0-17 years)

Friday 7:00-8:00 pm (ages 18+)

Pre-sign up and try our indoor rockwall class and enjoy a fun and safe experience with our certified belayers. The last hour on Fridays is dedicated for adults.

***No charge for members, Drop-ins \$10.00 (ages 13+ years) or \$6.00 (ages 0-12 years).**

Intro to Weight & Cardio:

This is a \$2 instructional course that takes 2 hours to briefly outline some positive workout habits, etiquette and instruction on proper use of the equipment in the Weight & Cardio Room. This course is beneficial to those **of all ages**, and is a requirement for those 13-17 years of age wishing to use the Weight & Cardio room (*contact our front desk to **sign up** for the next available class*).

Bootcamp: Monday 6:15-7:15 pm *starting September 10th 2018

Reserve your spot up to a week in advance to challenge yourself mentally and physically. Each week offers a variety of workout combinations to ensure a fun and satisfying workout.

***No charge for members, Drop-ins \$10.00**

Spinning: Tuesday 6:00-6:45 pm & Saturday 10:00-10:45 am *starting September 11th 2018

Reserve your spot up to a week in advance and let our certified instructors take you on a ride with a variety of Spinning styles designed to recreate the outdoor experience.

***No charge for members, Drop-ins \$10.00**

Regular Member Open Gym

Open gym designated for regular category members (military members, veterans and their families) .

Military/RAM Open Gym

Open gym time available to members only.

Family Open Gym

Open gym time available for families that have smaller and younger children.

Open Gym:

Take full advantage of the gym floor! Please keep in mind the gym floor is to be shared by all participants on a first come first serve basis and can be divided in to 2 sides.