Allandale Recreation Centre DROP-IN SCHEDULE - WINTER 2024 January 8 - March 31 190 Bayview Drive L4N 4Y8 (705)728-5141

FITNESS C	ENTRE HOURS						
Mon-Fri 6:00AM - 9:00PM Sat & Sun 8:00AM - 5:00PM Classes and instructors can be change without notice			SWIMMING POOL				
			MONDAY / JAN O. MAD OF Vivil May 44				
			MONDAY (JAN 8 - MAR 25) excl Mar 11			FRIDAY (JAN 12 - MAR 29) excl Mar 15	
FITNESS CLA	SSES SCHEDUL	_E	FITNESS LANE SWIMS - 6L OPEN SWIMS - Small Pool	7:00am- 8:55am 9:15am- 11:55am	exclusion dates due to Swim to Survive	FITNESS LANE SWIMS - 6L OPEN SWIMS - Small Pool	7:00am- 8:55am 9:15am- 11:55am
MONDAY (JAN 8 - MAR 25)		FITNESS LANE SWIMS - 6L	11:00am-11:55am	to cum to curvive	FITNESS LANE SWIMS - 6L	11:00am-11:55am	
OTAL BODY WORKOUT	9:00am-9:55am	Mary	FITNESS LANE SWIMS - 3L	12:00pm-2:55pm		FITNESS LANE SWIMS - 3L	12:00pm-2:55pm
	(JAN 9 - MAR 26)	,	OPEN SWIMS - Small Pool	12:00pm-2:55pm		OPEN SWIMS - Small Pool	12:00pm-2:55pm
CYCLE & STRENGTH	9:00am-9:55am	Sandy	FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm		OPEN SWIMS - Small Pool	3:00pm- 4:30pm
TRETCH OUT	10:15am-11:15am	Sandy	OPEN SWIMS - Small Pool	8:05pm- 9:00pm		FITNESS LANE SWIMS - 3L	6:05pm- 7:00pm
UMPED UP EXPRESS	12:00pm-12:45pm	Sandy	TUESDAY (JAN 9 - MAR 26) excl M	ar 12	OPEN SWIMS - Small Pool	6:05pm- 7:00pm
OTAL BODY WORKOUT	5:45pm-6:45pm	Wendy	FITNESS LANE SWIMS - 6L	7:00am- 8:55am		OPEN SWIMS - Both Pools	7:05pm- 9:00pm
WEDNESDA	Y (JAN 10 - MAR 27)		OPEN SWIMS - Small Pool	9:15am- 11:55am		SATURD	AY (JAN 13 - MAR 30)
TOP GUNS/ROCK BOTTOMS *New*	6:30am-7:15am	Mary	FITNESS LANE SWIMS - 6L	11:00am-11:55am		FITNESS LANE SWIMS - 6L	12:05pm-1:00pm
UMBA (Cond RM)	9:00am-9:55am	Cathy T	FITNESS LANE SWIMS - 3L	12:00pm-12:55pm		OPEN SWIMS 🚷	1:05pm- 2:35pm
OBILITY & STRETCH	10:15am-11:15am	Sandy	OPEN SWIMS - Small Pool	12:00pm-12:55pm		OPEN SWIMS	2:45pm- 4:15pm
YCLE & STRENGTH EXPRESS	12:00pm-12:45pm	Sandy	FITNESS LANE SWIMS - 3L	1:00pm-2:00pm	Mar 19 and 26	♠ All Bodies Swim ever	y 4th Sat of the month
IRCUIT TRAINING	5:30pm-6:30pm	Chris	OPEN SWIMS - Small Pool	1:00pm-2:00pm	Mar 19 and 26	starting in Septembe	r - all ages welcome!
THURSDAY	(JAN 11 - MAR 28)		FITNESS LANE SWIMS - 3L	2:05pm-2:55pm		O constraint	🥄 🐧 NEW HORIZON
ARDIO & CORE	9:00am-9:55am	Sandy	OPEN SWIMS - Small Pool	2:05pm-2:55pm		oc of	FOR 2S-LGBTQ+
ILATES	10:15am-11:15am	Sandy	FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm		gibertuentre	OLDER ADULTS
OOTCAMP EXPRESS	12:00pm-12:45pm	Sandy	OPEN SWIMS - Small Pool	8:05pm- 9:00pm		0	- Berger
PILOGA *New*	5:30pm-6:30pm	Nene	WEDNESDAY	(JAN 10 - MAR 27) excl	Mar 13	2000	and the same of th
FRIDAY (JAN 12 - MAR 29)			FITNESS LANE SWIMS - 6L	7:00am- 8:55am		SUNDA	Y (JAN 14 - MAR 31)
OOTCAMP	6:30am-7:15am	Mary	OPEN SWIMS - Small Pool	9:15am- 10:55am		FITNESS LANE SWIMS - 6L	12:05pm-1:00pm
OGA FIT	9:00am-9:55am	Sandy	OPEN SWIMS - Small Pool	11:00am-11:55am		OPEN SWIMS	1:05pm- 2:35pm
	(JAN 13 - MAR 30)		FITNESS LANE SWIMS - 6L	11:00am-11:55am		OPEN SWIMS	2:45pm- 4:15pm
PUMPED UP	9:15am-10:15am	Sandy	FITNESS LANE SWIMS - 3L	12:00pm-12:55pm		AQI	JA FITNESS
	JAN 14 - MAR 31)		OPEN SWIMS - Small Pool	12:00pm-12:55pm	Feb 21; Mar 6, 20, 27		
CARDIO DANCE (Cond RM) Starting Jan. 14th	10:15am-11:15am	Huguette	FITNESS LANE SWIMS - 3L	1:00pm-2:00pm		SUNDA	AY (JAN 7 - MAR 31)
			OPEN SWIMS - Small Pool	1:00pm-2:00pm		AQUA FIT	7:45am- 8:30am
			FITNESS LANE SWIMS - 3L	2:05pm-2:55pm			Y (JAN 8 - MAR 25)
			OPEN SWIMS - Small Pool	2:05pm-2:55pm			
SK	ATING		OPEN SWIMS - Small Pool	6:00pm-7:30pm		AQUA FIT	9:00am - 9:45am
ORATINO			THURSDAY (JAN 11 - MAR 28) excl I	Mar 14	AQUA FIT	10:00am-10:45am
MONDAY (JAN 8	- MAR 4) EXCL. Feb 19		FITNESS LANE SWIMS - 6L	7:00am- 8:55am		TUESD	AY (JAN 9 - MAR 26)
UBLIC SKATE	4:15pm-5:05pm		OPEN SWIMS - Small Pool	9:15am- 11:55am		AQUA FIT	9:00am- 9:45am
WEDNESDA	AY (JAN 9 - MAR 6)		OPEN SWIMS - Small Pool	11:00am-11:55am	7-M	ar AQUA FIT	10:00am-10:45am
UBLIC SKATE	3:15pm-5:05pm		FITNESS LANE SWIMS - 6L	11:00am-11:55am	7-M	ar WEDNES	DAY (JAN 10 - MAR 27)
	' (JAN 10 - MAR 7)		FITNESS LANE SWIMS - 3L	12:00pm-12:55pm		ar AQUA FIT	9:00am- 9:45am
TICK & PUCK	3:15pm-4:05pm		OPEN SWIMS - Small Pool	12:00pm-12:55pm	7-M	ar AQUA FIT	10:00am-10:45am
TICK & PUCK	4:15pm-5:05pm					_	PAY (JAN 11 - MAR 28)
FRIDAY (JAN 11 - MAR 8) EXCL. Feb 16			FITNESS LANE SWIMS - 3L	1:00pm-2:00pm	Mar 21 and 28	AQUA FIT	9:00am- 9:45am
PUBLIC SKATE (ADULT) 1:15pm-3:05pm			OPEN SWIMS - Small Pool	1:00pm-2:00pm	Mar 21 and 28	AQUA FIT	10:00am-10:45am
SATURDAY (JAN 12 - MAR 2) EXCL. Feb 17		FITNESS LANE SWIMS - 3L	2:05pm-2:55pm		FRIDA	Y (JAN 12 - MAR 29)	
STICK & PUCK	5:15pm-6:05pm		OPEN SWIMS - Small Pool	2:05pm-2:55pm		AQUA FIT	9:00am- 9:45am
PUBLIC SKATE	6:15pm-7:05pm		FITNESS LANE SWIMS - 6L	8:05pm- 9:00pm		AQUA FIT	10:00am-10:45am
			OPEN SWIMS - Small Pool	8:05pm- 9:00pm			