

EAST BAYFIELD COMMUNITY CENTRE
 80 Livingstone St. W L4N 6X9 705-739-4225

FITNESS CENTRE HOURS
MON-FRI 6:00AM-8:30PM
SAT & SUN CLOSED

FITNESS CLASS SCHEDULE		
MONDAY (July 4 - August 29) EXCL AUG. 1st		
CYCLE	6:00am-7:00am	Lois
BODY SCULPT	7:30am-8:30am	Lois
PILOGA - OUTDOORS	9:00am - 10:00am	Sarah C
SCULPT & SWEAT	9:00am - 10:00am	Christy
ZUMBA	10:30am - 11:30am	Cathy T
CYCLE	12:00pm-1:00pm	Ali
TUESDAY (July 5 - August 30)		
JUST MUSCLE	9:00am - 10:00am	Ali
CARDIO & CORE	10:30am - 11:30am	Cathy T
BOOTCAMP	12:00pm - 1:00pm	Carol
CYCLE & SCULPT	6:00pm - 7:00pm	Shelley
PILATES BEYOND THE BASICS - MP	7:00pm-8:00pm	Sarah
WEDNESDAY (July 6 - August 31)		
CYCLE & SCULPT	6:00am - 7:00am	Lois
GENTLE CARDIO & CON.	9:00am-10:00am	Sarah
ZUMBA	10:30am - 11:30am	Cathy T
YOGA - OUTDOORS	7:00pm-8:00pm	Anne Marie
THURSDAY (July 7 - September 1)		
DANCE FIT	9:00am - 10:00am	Carol
BOOTCAMP	10:30am - 11:30am	Carol S
CYCLE & SCULPT	6:00pm - 7:00pm	Shelley
PILATES BEYOND THE BASICS - MP	7:00pm-8:00pm	Sarah
FRIDAY (July 8 - September 2)		
ABS, BACK & BALANCE	7:30am-8:30am	Lois
STEP	9:00am - 10:00am	Christy
ZUMBA	10:30am - 11:30am	Cathy T

GYMNASIUM SCHEDULE	
MONDAY (July 4 - August 29) EXCL AUG. 1st	
OPEN GYM	6:00pm-8:00pm
DROP-IN BASKETBALL	8:00pm-9:00pm
TUESDAY (July 5 - August 30)	
WEDNESDAY (July 6 - August 31)	
THURSDAY (July 7 - September 1)	
DROP-IN BASKETBALL	6:00pm-7:00pm
FRIDAY (July 8 - September 2)	
DROP-IN BADMINTON/PICKLEBALL	6:00pm-9:00pm

AQUA FITNESS	
MONDAY (July 4 - August 29) EXCL AUG. 1st	
AQUAFIT (3 Lanes)	8:00am-8:45am
AQUAFIT (3 Lanes)	9:00am-9:45am
TUESDAY (July 5 - August 30)	
AQUAFIT (3 Lanes)	8:00am-8:45am
AQUAFIT (3 Lanes)	9:00am-9:45am
WEDNESDAY (July 6 - August 31)	
AQUAFIT (3 Lanes)	8:00am-8:45am
AQUAFIT (3 Lanes)	9:00am-9:45am
THURSDAY (July 7 - September 1)	
AQUAFIT (3 Lanes)	8:00am-8:45am
AQUAFIT (3 Lanes)	9:00am-9:45am
FRIDAY (July 8 - September 2)	
AQUAFIT (3 Lanes)	8:00am-8:45am
AQUAFIT (3 Lanes)	9:00am-9:45am

SWIMMING POOL	
MONDAY (July 4 - August 29) EXCL AUG. 1st	
FITNESS LANE SWIM (4 Lanes)	6:00am-7:45am
FITNESS LANE SWIM (3 Lanes)	10:00am-11:00am
FITNESS LANE SWIM (5 Lanes)	11:00am-1:00pm
OPEN SWIM <i>SMALL POOL ONLY</i>	11:00am-1:00pm
OPEN SWIM	2:30pm-4:00pm
FITNESS LANE SWIM	8:00pm-9:00pm
TUESDAY (July 5 - August 30)	
FITNESS LANE SWIM (4 Lanes)	6:00am-7:45am
FITNESS LANE SWIM (3 Lanes)	10:00am-11:00am
FITNESS LANE SWIM (5 Lanes)	11:00am-1:00pm
OPEN SWIM <i>SMALL POOL ONLY</i>	11:00am-1:00pm
OPEN SWIM	2:30pm-4:00pm
FITNESS LANE SWIM	8:00pm-9:00pm
WEDNESDAY (July 6 - August 31)	
FITNESS LANE SWIM (4 Lanes)	6:00am-7:45am
FITNESS LANE SWIM (3 Lanes)	10:00am-11:00am
FITNESS LANE SWIM (5 Lanes)	11:00am-1:00pm
OPEN SWIM <i>SMALL POOL ONLY</i>	11:00am-1:00pm
OPEN SWIM	2:30pm-4:00pm
FITNESS LANE SWIM (4 Lanes)	8:00pm-9:00pm
THURSDAY (July 7 - September 1)	
FITNESS LANE SWIM (4 Lanes)	6:00am-7:45am
FITNESS LANE SWIM (3 Lanes)	10:00am-11:00am
FITNESS LANE SWIM (5 Lanes)	11:00am-1:00pm
OPEN SWIM <i>SMALL POOL ONLY</i>	11:00am-1:00pm
OPEN SWIM	2:30pm-4:00pm
FITNESS LANE SWIM (4 Lanes)	8:00pm-9:00pm
FRIDAY (July 8 - September 2)	
FITNESS LANE SWIM (4 Lanes)	6:00am-7:45am
FITNESS LANE SWIM (3 Lanes)	10:00am-11:00am
FITNESS LANE SWIM (5 Lanes)	11:00am-1:00pm
OPEN SWIM <i>SMALL POOL ONLY</i>	11:00am-1:00pm
OPEN SWIM	2:30pm-4:00pm
FITNESS LANE SWIM (4 Lanes)	4:00pm-5:00pm
OPEN SWIM	5:00pm-7:00pm

FACILITY CLOSED SATURDAYS & SUNDAYS

July 2nd - September 5th

