

**Adult Fitness Classes: Change in Location  
Wednesday, August 11 to Sunday, August 15 only**

**Wednesday, August 11**

Group Centergy	6:00 – 7:00 am	Main Gym
Prime Time	10:15 – 10:45 am	Main Gym
Chair Yoga	10:45 – 11:15 am	Main Gym
Yoga	12:15 – 1:15 pm	Outdoors
LeBed Method	1:30 – 2:30 pm	Boardroom
Cyclefit	5:30 – 6:30 pm	Classroom

**Thursday, August 12**

Cyclefit	9:00 – 10:00 am	Classroom
Group Centergy	10:30 – 11:30 am	Main Gym
Group Centergy	12:15 – 1:15 pm	Outdoors
Cyclefit	6:00 – 7:00 pm	Classroom

**Friday, August 13**

Cyclefit	6:00 – 7:00 am	Classroom
Group Centergy	9:00 – 10:00 am	Outdoors
Prime Time	10:15 – 10:45 am	Main Gym
Chair Yoga	10:45 – 11:15 am	Main Gym
Cyclefit	12:15 – 1:00 pm	Classroom

**Saturday, August 14**

Cyclefit	10:30 – 11:30 am	Classroom
Cyclefit Orientation	1:30 – 2:30 pm	Classroom

**Sunday, August 15**

Cyclefit	10:00 – 11:00 am	Classroom
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\*All other Group Fitness Classes remain as per Summer Schedule

**Forme Physique Adultes: Changement de lieu  
Le 11 mercredi – le 15 dimanche seulement**

**Le 11 mercredi**

Group Centergy	6:00 – 7:00 am	Gymnase Principale
Heures prioritaires	10:15 – 10:45 am	Gymnase Principale
Yoga sur chaise	10:45 – 11:15 am	Gymnase Principale
Yoga	12:15 – 1:15 pm	Dehors
La méthode lebed	1:30 – 2:30 pm	Salle de conférence
Véloforme	5:30 – 6:30 pm	Classe

**Le 12 jeudi**

Véloforme	9:00 – 10:00 am	Classe
Group Centergy	10:30 – 11:30 am	Gymnase Principale
Group Centergy	12:15 – 1:15 pm	Dehors
Véloforme	6:00 – 7:00 pm	Classe

**Le 13 vendredi**

Véloforme	6:00 – 7:00 am	Classe
Group Centergy	9:00 – 10:00 am	Dehors
Heures prioritaires	10:15 – 10:45 am	Gymnase Principale
Yoga sur chaise	10:45 – 11:15 am	Gymnase Principale
Véloforme	12:15 – 1:00 pm	Classe

**Le 14 samedi**

Véloforme	10:30 – 11:30 am	Classe
Véloforme	1:30 – 2:30 pm	Classe

**Le 15 dimanche**

Véloforme	10:00 – 11:00 am	Classe
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\*Toutes les autres classes de conditionnement physique reste selon horaire d'été