

July 2019

Fitness Coordinator: Steve Brick 613-541-5010 x8737

Fitness Department: x8747



PRO-FIT System

Program Descriptions:

GPT: Garrison PT

APT: Advanced PT

Garrison PT Schedule

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	01-Jul	02-Jul	03-Jul	04-Jul	05-Jul
GPT 0615-0700	Canada Day				
GPT 0730-0815		Aerobic Training Group Cycling-Spin Rm	Circuit Training FH Court 7	Aerobic Training Group Cycling-Spin Rm	Mobility Training Room 105
APT 0730-0830		HIIT Training FH Court 4	Mobility Training Room 105		Circuit Training FH Court 7
		Upper Body Focus Combat Corner	Aerobic Focus Half Moon South	Accessory Focus Combat Corner	Conditioning Focus Combat Corner
Week 2	08-Jul	09-Jul	10-Jul	11-Jul	12-Jul
GPT 0615-0700					
GPT 0730-0815	Yoga Karate Room	Aerobic Training Group Cycling-Spin Rm	Circuit Training FH Court 7	Aerobic Training Group Cycling-Spin Rm	Mobility Training Room 105
	Circuit Training FH Court 4	HIIT Training FH Court 4	Mobility Training Room 105		Circuit Training FH Court 7
APT 0730-0830	Lower Body Focus Combat Corner	Upper Body Focus Combat Corner	Aerobic Focus Half Moon South	Accessory Focus Combat Corner	Conditioning Focus Combat Corner
Week 3	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
GPT 0615-0700					
GPT 0730-0815	Yoga Karate Room	Aerobic Training Group Cycling-Spin Rm	Circuit Training FH Court 7	Aerobic Training Group Cycling-Spin Rm	Mobility Training Room 105
	Circuit Training FH Court 4	HIIT Training FH Court 4	Mobility Training Room 105		Circuit Training FH Court 7
APT 0730-0830	Lower Body Focus Combat Corner	Upper Body Focus Combat Corner	Aerobic Focus Half Moon South	Accessory Focus Combat Corner	Conditioning Focus Combat Corner
Week 4	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
GPT 0615-0700					
GPT 0730-0815	Yoga Karate Room	Aerobic Training Group Cycling-Spin Rm	Circuit Training FH Court 7	Aerobic Training Group Cycling-Spin Rm	Mobility Training Room 105
	Circuit Training FH Court 4	HIIT Training FH Court 4	Mobility Training Room 105		Circuit Training FH Court 7
APT 0730-0830	Lower Body Focus Combat Corner	Upper Body Focus Combat Corner	Aerobic Focus Half Moon South	Accessory Focus Combat Corner	Conditioning Focus Combat Corner
Week 5	29-Jul	30-Jul	31-Jul	01-Aug	02-Aug
GPT 0615-0700					
GPT 0730-0815	Yoga Karate Room	Aerobic Training Group Cycling-Spin Rm	Circuit Training FH Court 7	Aerobic Training Group Cycling-Spin Rm	Mobility Training Room 105
	Circuit Training FH Court 4	HIIT Training FH Court 4	Mobility Training Room 105		Circuit Training FH Court 7
APT 0730-0830	Lower Body Focus Combat Corner	Upper Body Focus Combat Corner	Aerobic Focus Half Moon South	Accessory Focus Combat Corner	Conditioning Focus Combat Corner