



Garrison Petawawa  
Community Access Card

# Healthy Living and Fitness Schedule

*Winter 2019*

*Let your CAC Membership help you reach your health and lifestyle goals. All of the services listed here are included in your membership with the exception of Supervised Play fees.*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:55 am Leisure Swim DDH Pool	9:00-9:50 am Aqua Fitness DDH Pool	9:00-9:50 am Aqua Fitness DDH Pool	9:00-9:50 am Aqua Fitness DDH Pool	9:00-9:55 am Leisure Swim DDH Pool	9:15-10:15 am Muscle Pump Rec Plex	<b>Supervised Play Available for Mon-Fri 9:45 Fitness Classes</b> <b>CAC \$5 for 1st child, \$3 for 2nd+ child on the same CAC card. Must pre-register at Rec-Plex for your "play" spot. Space is Limited.</b>
9:45-10:45 am Muscle Pump Rec Plex	9:45-10:45 am STRONG by Zumba® Rec Plex	9:45-10:45 am Slow Flow Yoga Rec Plex	9:45-10:45 am Work-It Circuit Rec Plex	9:45-10:45 am Yoga Rec Plex	10:30-11:30 am Spin DDH Spin Room	
10:00-10:55 am Lane and Parent & Tot Swim DDH Pool		10:00-10:55 am Lane and Parent & Tot Swim DDH Pool		10:00-10:55 am Lane and Parent & Tot Swim DDH Pool		
CAC Skate 12:00-12:50pm Silver Dart	CAC Skate 12:00-12:50pm Silver Dart	CAC Skate 12:00-12:50pm Silver Dart	CAC Skate 12:00-12:50pm Silver Dart	CAC Skate 12:00-12:50pm Silver Dart	2:00-3:55 pm Open Swim DDH Pool	2:00-3:55 pm Open Swim DDH Pool
GREEN INDICATES DROP IN FITNESS	BLUE INDICATES DROP IN SWIM	FOR FACILITY HOURS AND CONTACT INFORMATION PLEASE SEE OTHER SIDE	YELLOW INDICATES PROGRAM INFORMATION	ORANGE INDICATES DROP IN SKATE	4:00-4:55 pm Family Swim DDH Wading Pool Lane Swim Main Pool	4:00-4:55 pm Family Swim DDH Wading Pool Leisure Swim Main Pool
6:00-7:00 pm Muscle Pump Rec Plex	6:00-7:00 pm Boot Camp <b>**Intermediate**</b> AFC	6:00-7:00 pm HIIT & LIFT Rec Plex	6:00-7:00 pm Boot Camp <b>**Intermediate**</b> AFC <hr/> 6:00-6:50 STRONG by Zumba® DDH Spin Room	<b>**Intermediate**</b> Weightlifting experience recommended	<b>Non CAC Participation</b> If there is available space, non CAC individuals may participate for a fee. <b>DDH use</b> \$6 per person <b>Class Fees</b> \$10 per person	<b>SCHEDULE IN EFFECT:</b>  <b>7 Jan to 28 Jun, 2019</b> <b>Schedule subject to change</b>  <b>Please note, you will need to present your CAC card to gain access at no additional cost.</b>
7:00-7:55 pm Open Swim DDH Pool	7:00-7:55 pm Family Swim DDH Wading Pool	7:00-7:55 pm Open Swim DDH Pool	7:00-7:55 pm Family Swim DDH Wading Pool	7:00-7:55 pm Open Swim DDH Pool		
7:15-8:15 pm Spin DDH Spin Room	7:00-8:00pm Zumba (10+) Rec Plex Gym Yoga (10+) Rec Plex Rm 104/106	7:15-8:15 pm Spin DDH Spin Room	7:00-8:00pm Zumba (10+) DDH Spin Room	<b>Youth Friendly Classes have a (10+) beside them. 13-15yr olds with TWT can attend all classes</b>		
8:00-8:55 pm Lane Swim DDH Pool	8:00-8:50 pm Aqua Fitness (10+) DDH Pool	8:00-8:55 pm Lane Swim DDH Pool	8:00-8:50 pm Aqua Fitness (10+) DDH Pool	8:00-8:55 pm Lane Swim DDH Pool	<b>Please note: Your Military ID card will <u>not</u> give free access to drop-in Recreation CAC programs.</b>	
9:00-9:55 pm Leisure Swim DDH Pool	9:00-9:55 pm Lane Swim DDH Pool	9:00-9:55 pm Leisure Swim DDH Pool	9:00-9:55 pm Lane Swim DDH Pool	9:00-9:55 pm Leisure Swim DDH Pool		

## Facility Information

### RECREATION COMPLEX (Rec Plex)

30 Festubert Blvd Bldg S-117  
613-687-2932  
Casual Facility Use Hours  
Mon - Thurs: 8 am - 9 pm  
Fri 8 am - 7 pm  
Sat 9 am - 5 pm

### DUNDONALD HALL (DDH)

57 Festubert Blvd Bldg P-118  
613-687-4500  
Casual Facility Use Hours  
Mon-Fri: 9 am - 10 pm

### ARMY FITNESS CENTER (AFC)

3 Festubert Blvd Bldg Q-103  
613-687-5511 x7974  
Casual Facility Use Hours  
Mon-Fri: 11:30am - 6 pm

### Silver Dart Arena

51 Peacekeepers Way Building P-117  
Petawawa, ON K8H 2X3  
613-687-5511 x6998 (no voicemail)  
613-687-5511 x6999 (voicemail)  
CAC Skate:  
Mon - Fri 12:00-12:50pm  
Sat/Sun vary through the season,  
Please call or pickup a schedule.

## DDH Cardio and Weight Room Access

**Ages 18+ :** Full Access

**Ages 10 to 12 years:** Require the *DDH Fitness Monitor Introduction to Cardio Equipment* and must also be accompanied by an adult (18 years +) to use the Cardio Room equipment.

**Ages 13 to 14 years:** Youth may use the Cardio Room equipment with proof of successful completion of the *Teen Weight Training Course* or the *DDH Fitness Monitor Introduction to Cardio Equipment*. No adult supervision is required.

Youth may use the DDH or AFC Weight Training areas with proof of successful completion of the *Teen Weight Training Course* and must have an adult accompany them during their workout.

**Ages 15-17 years:**

Youth who have successfully completed the *Teen Weight Training Course* have full access to the DDH and AFC cardio and weight training facilities. No parental supervision is required.

### Recreation Fitness Class Access

**Ages 16+:** Full Access

**Ages 10 +:** Youth may attend our Yoga, Zumba, and Aquafit classes. Ages 10-12yrs old must also be accompanied by an adult .

**Ages 13 to 15 years:** Youth may attend all Recreation Fitness Classes at DDH, AFC and the Rec Plex once they have completed the *Teen Weight Training Course*. Parental supervision for 13 and 14 year olds is required for the AFC Boot Camp classes.

## Fitness Class Descriptions

**AQUAFIT** - A fun and challenging way to get fit! We use the resistance of the water to stretch and work a variety of muscle groups with low-impact alternatives. **Participants do not need to know how to swim.**

**BOOT CAMP – Intermediate (AFC)** -Challenge your fitness with our AFC boot camp class with options from rowing to kettle bells, barbells and beyond! Weight training experience is recommended.

**HIIT & LIFT**— This class uses body weight, dumbbells and cardio intervals to give you a complete workout! An excellent calorie burner and muscle builder.

**MUSCLE PUMP** - Balance your fitness routine with a class dedicated to muscle strength and endurance. Designed to tone and define both large and small muscle groups. Every exercise can be scaled to your level of fitness.

**SLOW FLOW YOGA** – A class to breathe and to move in and out of poses with purpose and intention. Come for the moves, stay for the savasana.

**SPIN** - An exciting workout for the beginner or the seasoned cyclist! An excellent way to get a vigorous low impact cardio workout – burn calories and keep your muscles in shape through endurance, interval strength and recovery rides.

**STRONG by Zumba-** A revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. This class is a non-dance, unique workout + music experience with body weight moves found in HIIT classes.

**Work-It Circuit** – Combine cardio and strength into one fantastic full body workout. Each week is a different workout utilizing a variety of equipment and mixing up the cardio intervals. A great calorie burn!

**YOGA** – A relaxing Hatha Yoga class aimed at improving strength and flexibility through a series of poses, breath work and relaxation. Participants will experience the many health benefits of this ancient exercise.

**ZUMBA** - A fun fitness program that combines Latin music with easy -to-follow dance moves and aerobic elements. Zumba routines incorporate interval training, alternating fast and slow rhythms and resistance training.