



Garrison Petawawa
Community Access Card

Healthy Living and Fitness Schedule

Fall 2018

Let your CAC Membership help you reach your health and lifestyle goals.

All of the services listed here

(except Supervised Play) are included in your membership.

Classes are for ages 16+ years unless otherwise indicated.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:55 am Leisure Swim DDH Pool	9:05-9:55 am Aqua Fitness DDH Pool	9:05-9:55 am Aqua Fitness DDH Pool	9:05-9:55 am Aqua Fitness DDH Pool	9:00-9:55 am Leisure Swim DDH Pool	9:15-10:15 am Muscle Pump Rec Plex	Supervised Play Available for Mon-Fri 9:45 Fitness Classes 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.
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 Boot Camp 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		
REC PLEX 30 Festubert Blvd Bldg S-117 613-687-2932 Mon-Thurs 8 am—9 pm Fri 8 am—7 pm Sat 9 am— 5 pm	GREEN INDICATES DROP IN FITNESS	DDH DUNDONALD HALL 57 Festubert Blvd Bldg P-118 613-687-4500 Casual Facility Use 9 am—10 pm	GREY INDICATES FACILITY INFORMATION	AFC ARMY FITNESS CENTER 3 Festubert Blvd Bldg Q-103 613-687-5511 x7974 Casual Facility Use Mon—Fri Noon—6 pm	2:00-3:55 pm Open Swim DDH Pool	2:00-3:55 pm Open Swim DDH Pool
	BLUE INDICATES DROP IN SWIM		YELLOW INDICATES PROGRAM INFORMATION		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 Body Blast Rec Plex	6:00-7:00 pm Boot Camp **Intermediate** AFC	6:00-7:00 pm Muscle Pump Rec Plex	6:00-7:00 pm Boot Camp **Intermediate** AFC	**Intermediate** Weightlifting experience recommended	Non CAC Participation If there is available space, non CAC individuals may participate for a fee. DDH use \$6 per person Class Fees \$10 per person	SCHEDULE IN EFFECT: 4 Sept to 22 Dec, 2018 <i>Schedule subject to change</i>
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+) 7:15-8:30 Yoga (10+) Rec Plex	7:15-8:15 pm Spin DDH Spin Room	7:00-8:00pm Zumba (10+) Rec Plex	Youth Friendly Clas- ses have a (10+) beside them		
8:00-8:55 pm Lane Swim DDH Pool	8:00-8:55 pm Aqua Fitness (10+) DDH Pool	8:00-8:55 pm Lane Swim DDH Pool	8:00-8:55 pm Aqua Fitness (10+) DDH Pool	8:00-8:55 pm Lane Swim DDH Pool	Please note: Your Military ID card will <u>not</u> give free access to drop-in Recreation CAC programs.	Please note, you will need to present your CAC card to gain access at no additional cost.
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		