



A division of CFMWS
Une division des SBMFC

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 | 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 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 **Intermediate** AFC | 6:00-7:00 pm Work-It Circuit 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: 7 Jan to 28 Jun 2019 Schedule subject to change Please note, you will need to present your CAC card to gain access at no additional cost |
| 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+) <hr/> 7:00-8:00pm Yoga (10+) Rec Plex | 7:15-8:15 pm Spin DDH Spin Room | 6:00-6:50 STRONG by Zumba® <hr/> 7:00-8:00pm Zumba (10+) DDH Spin Room | Youth Friendly Classes have a (10+) beside them. 13-15yr olds with TWT can attend all classes | | |
| 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 | Please note: Your Military ID card will not give free access to drop-in Recreation CAC programs. | |
| 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.**

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!

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.

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.

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.