



Garrison Petawawa
Community Access Card

Healthy Living and Fitness Schedule

Spring 2018

30 May to 22 June 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. You will need to present your CAC Card to gain access at no additional cost.

Classes are for ages 16+ years unless otherwise indicated.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH	9 am –10 pm Casual Facility Use DDH
	2:00-3:55 pm Open Swim DDH Pool	9:00-9:55 am Leisure Swim DDH Pool	9:00-9:55 am Aqua Fitness Class DDH Pool	9:05-9:55 am Aqua Fitness Class DDH Pool	9:00-9:55 am Aqua Fitness Class DDH Pool	9:00-9:55 am Leisure Swim DDH Pool	9:15-10:15 am Muscle Pump Class Rec Plex
	4:00-4:55 pm Lane Swim DDH Pool	9:45-10:45 am Muscle Pump Class Rec Plex	9:45-10:45 am Boot Camp Class Rec Plex	9:45-10:45 am Yogalates Class Rec Plex	9:45-10:45 am Body Blast Class Rec Plex	9:45-10:45 am Yoga Class Rec Plex	10:20-11:20 Zumba (10+) Rec Plex
	4:00-4:55 pm Family Swim DDH Wading Pool	10:00-10:55 am Lane Swim DDH Pool	12:00-6:00 pm Casual Facility Use AFC	10:00-10:55 am Lane Swim DDH Pool	12:00-6:00 pm Casual Facility Use AFC	10:00-10:55 am Lane Swim DDH Pool	10:30-11:30 am Spin Class DDH Spin Room
		10:00-10:55 am Parent & Tot Swim DDH Wading Pool	6:00-7:00 pm Boot Camp Class AFC	10:00-10:55 am Parent & Tot Swim DDH Wading Pool	6:00-7:00 pm Boot Camp Class AFC	10:00-10:55 am Parent & Tot Swim DDH Wading Pool	2:00-3:55 pm Open Swim DDH Pool
		12:00-6:00 pm Casual Facility Use AFC	7:00-7:55 pm Family Swim DDH Wading Pool	12:00-6:00 pm Casual Facility Use AFC	7:00-7:55 pm Family Swim DDH Wading Pool	12:00-6:00 pm Casual Facility Use AFC	4:00-4:55 pm Family Swim DDH Wading Pool
Supervised Play Sessions hosted at the Recreation Complex Monday to Friday 9:45-10:45 am Fees Apply: CAC Membership \$5 for the 1st child and \$3 for 2nd+ child(ren) on the same membership. You must pre-register and pay at the RecPlex for your 'play' spot. Space is limited.		6:00-7:00 pm Body Blast Class Rec Plex	7:00-8:00 pm Zumba Class (10+) Rec Plex	6:00-7:00 pm Muscle Pump Class Rec Plex	7:00-8:00 pm Zumba Class (10+) Rec Plex	7:00-7:55 pm Open Swim DDH Pool	4:00-4:55 pm Lane Swim DDH Pool
		7:00-7:55 pm Open Swim DDH Pool	7:15-8:30 pm Yoga Class (10+) Rec Plex	7:00-7:55 pm Open Swim DDH Pool	7:15-8:15 pm Spin Class DDH Spin Room	8:00-9:00 pm Lane Swim DDH Pool	REC PLEX 30 Festubert Blvd Bldg S-117 613-687-2932
		7:00-8:00 pm POP Pilates (10+) Rec Plex	8:00-8:55 pm Aqua Fitness (10+) DDH Pool	7:10-8:10 pm Step Class Rec Plex	8:00-8:55 pm Aqua Fitness (10+) DDH Pool	9:00-10:00 pm Leisure Swim DDH Pool	
		7:15-8:15 pm Spin Class DDH Spin Room	9:00-9:55 pm Lane Swim DDH Pool	7:15-8:15 pm Spin Class DDH Spin Room	9:00-9:55 pm Lane Swim DDH Pool	Non CAC Participation If there is available space, non CAC individuals may participate for a fee. DDH use \$6 per person Class Fees	
		8:00-9:00 pm Lane Swim DDH Pool		8:00-9:00 pm Lane Swim DDH Pool	Let DFIT.CA be your personal online trainer Register with your CF1 Card		
	9:00-10:00 pm Leisure Swim DDH Pool		9:00-10:00 pm Leisure Swim DDH Pool				AFC ARMY FITNESS CENTER 3 Festubert Blvd Bldg Q-103 613-687-5511 x7974