



# Town of Iroquois Falls Recreation Department

# Fitness Schedule



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>SENIOR Spin Class</b> Complex Hall 9:15am-9:45am	<b>SENIOR Skating</b> Arena 9:30am-11:00am	<b>SENIOR Spin Class</b> Complex Hall 9:15am-9:45am	<b>SENIOR Skating</b> Arena 9:30am-11:00am	<b>Aqua Fitness</b> Pool 10:30am-11:30am
<b>Aqua Fitness</b> Pool 10:30am-11:30am	<b>Low Impact Exercise</b> Complex Hall 10:00am-11:00am	<b>Aqua Fitness</b> Pool 10:30am-11:30am	<b>Low Impact Exercise</b> Complex Hall 10:00am-11:00am	<b>SENIOR Line Dancing</b> Complex Hall Beginner- 10:30am-11:30am Intermediate 11:30am-12:30pm
<b>Aqua Dance</b> Pool 7:00-8:00 pm	<b>SENIOR Water Exercise</b> Pool 2:00pm-3:00pm		<b>SENIOR Water Exercise</b> Pool 2:00pm-3:00pm	
<p><b>The Sports Complex is open for workouts</b>  <b>Monday, Tuesday, Thursday &amp; Friday 9:00am-9:30pm</b>  <b>Wednesday 9:00am-5:00pm</b></p> <p><b>CLOSED FOR LUNCH 12:30pm-1:30pm</b></p> <p><b>Saturday 9:00am-4:00pm</b> (during swimming lessons) <b>OR</b>  <b>Saturday 12:30pm-4:00pm</b> (no swimming lessons)  <b>Sunday 5:30pm-9:30pm</b></p>				<p><b>The SENIOR Programs are offered at no cost as they are funded by New Horizons Seniors Grant</b></p> <p><b>The Low Impact Exercise classes are offered at no cost as they are funded by LHIN.</b></p>