

# FITNESS SUITE - DUAL USAGE FACILITY

# DECEMBER

# 2023

| Monday  | Tuesday          | Wednesday   | Thursday             | Friday   | Saturday             | Sunday               |
|---|------------------|---|----------------------|--|----------------------|----------------------|
|   |                  |   |                      | 1<br>GP Referral<br>11am - 12pm<br>Junior Gym<br>3- 4pm  | 2                    | 3                    |
| 4<br>GP Referral<br>11am - 12pm<br>Cabin Class<br>3- 4pm  | 5                | 6<br>CVC PE Lesson<br>1.10 – 2.50pm<br>Weights Room Unavailable<br>1.10 – 2.50pm  | 7                    | 8<br>GP Referral<br>11am - 12pm<br>Junior Gym<br>3- 4pm  | 9                    | 10                   |
| 11<br>GP Referral<br>11am - 12pm<br>Cabin Class<br>3- 4pm | 12               | 13<br>CVC PE Lesson<br>1.10 – 2.50pm<br>Weights Room Unavailable<br>1.10 – 2.50pm | 14                   | 15<br>GP Referral<br>11am - 12pm<br>Junior Gym<br>3- 4pm | 16                   | 17                   |
| 18<br>GP Referral<br>11am - 12pm<br>Cabin Class<br>3- 4pm | 19               | 20  | 21                   | 22<br>GP Referral<br>11am - 12pm                         | 23                   | 24<br>Open 9am – 3pm |
| 25<br>MERRY CHRISTMAS!<br><br>CSA CLOSED                  | 26<br>CSA CLOSED | 27<br>Open 8am – 4pm  | 28<br>Open 8am – 4pm | 29<br>Open 8am – 4pm                                     | 30<br>Open 8am – 4pm | 31<br>CSA CLOSED     |

OUR FREE WEIGHTS ROOM  
IS ALWAYS AVAILABLE  
WHY NOT GIVE IT A TRY!

## DUAL USE AVAILABLE

The times highlighted in blue indicates when the Fitness suite is hosting a class. At the stated times, members can use the Fitness suite but will be sharing the equipment with this class. The cabin class has left than 4 attending and Junior Gym has less than 5 attending.

## STICTLY RESTRICTED USE

The times highlighted in red indicates when the fitness suite is being used by a class of 15 or more. Members cannot access the room. The Free Weights room is available to use expect Wednesday's 1.10 – 2.50pm



VERY SORRY FOR ANY INCONVENIENCE CAUSED