

FALL FITNESS CLASS SCHEDULE

AT THE COL JJ PARR SPORTS CENTRE

Class/Time	Monday	Tuesday	Wednesday	Thursday	Friday
Early Bird 0615-0700	Vinyasa Flow Yoga	Strength & Conditioning	Spin PARTY Pedal!	Strength & Conditioning	CycleCore
Fitness Fundamentals "Fit Fun" 0745-0830 *Military Only*	Strength	Cardio Intervals **Practice FORCE Eval - 1 st Tuesday of the Month	Strength	Cardio Endurance	Yin Yoga
Official FORCE Evaluation 0830-1030 *Military Only*	Register with your Unit FORCE Coordinator	Women's ONLY Official FORCE Eval 2 nd Tuesday of the Month	Register with your Unit FORCE Coordinator	Register with your Unit FORCE Coordinator	
Women's Wellness "Strong-HER" 1030-1115		Scan QR code for class details **Women's ONLY Practice FORCE Eval - 1 st Tuesday of the Month		Scan QR code for class details	
FitMix 1200-1245	Strength & Conditioning	Spin	Strength & Conditioning	Spin PARTY Pedal!	Yin Yoga

FREE & open to all Col JJ Parr Sports Centre users (18+). No registration required – just show up!

Check the Whiteboard in the Foyer for class location, as this can change.



For more info contact:

Hannah Penn, Fitness Coordinator



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