

THE WORKS

Program Schedule

HOURS OF OPERATION

Holiday Closures

Christmas Eve Sunday December 24 - Closed

Christmas Day Monday December 25 - Closed

Boxing Day Tuesday December 26 - Closed

New Year's Eve Sunday December 31 - Closing at
2:00pm

New Year's Day Monday January 1 - Closed

Aquarena Dec 4-22 & Jan 3-21

Monday-Thursday 5:45am - 11:00pm

Friday -5:45am-9:00pm

Saturday & Sunday 7:45am - 9:00pm

Field House Dec 4-Jan 21

Monday - Thursday 6:45am -10:00pm

Friday 6:45am-9:00pm

Saturday 9:00am-6:00pm

Sunday 9:00am - 9:00pm

*Field House Dec 18-Dec 23

Monday - Friday Opening at 5:45am

Saturday- Opening at 7:30am

The Works will be undertaking a number of renovation projects during our annual maintenance period. In order to facilitate these repairs some closures are required:

- **Aquarena Pool Closed Dec 4, 2017 - Jan 22, 2018**
- **Lower Level Fitness Closed Dec 18, 2017 - Jan 2, 2018**
 - Towel service not available
- **Upper Level Fitness Open Dec 18 - 22, 2017**
 - Access through Field House Pedway
- **Aquarena Building Closed Dec 23, 2017 - Jan 2, 2018**
 - From December 18, 2017 to January 2, 2018, Aquarena Fitness Centre Members will have access to the Field House Change Rooms and Student Studios in the Field House including Cardio, Weights & Plates and Toning as well as access to The Workout. Check in at the Field House Desk to receive access, members can park in Field House or Aquarena lot.
- **Aquarena Fitness Centre reopens Jan 3, 2018**

MUN POOL LANE SWIM SCHEDULE – Dec 4, 2017- Jan 21, 2018

All swims at the MUN Pool are covered under the MUN Student Recreation Membership. All swims are 25yard Adult Lane swims. All pool users must show their membership card or pay a drop-in fee (\$4.85) to the Field House Customer Service Desk to gain access to the pool.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:45am-11:00am* 12noon-3:00pm 5:00-6:30pm	6:45am-11:00am 12noon-3:00pm 5:00-6:30pm	6:45am-3:00pm 5:00-6:30pm	6:45am-11:00am 12noon-6:30pm	6:45am-3:00pm* 5:00-6:30pm	12noon-2:00pm	12noon-2:00pm 5:30-7:15pm Ladies Only: 7:30-8:30pm
Closed Dec 25 Closed Jan 1	Closed Dec 26			*Jan 5, 12, 19: 6:45am-10:00am 11:00-3:00pm 5:00-6:30pm		Closed Dec 24 Sunday Dec 31: Closing at 2:00pm
*Jan 8 & 15: 6:45am-10:00am 12noon-3:00pm 5:00-6:30pm						

DEEP WATER FITNESS SCHEDULE Dec 4 – Jan 21

Drop-In: \$4.75/class All classes take place the MUN Pool.

The ability to swim without assisting devices is a pre-requisite for participation in the DWF class as the flotation belt is not a life jacket.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
DWF 11:05-11:50am*	DWF 11:05-11:50am	DWF 8:35-9:20pm	DWF 11:05-11:50am			
Closed Dec 25 Closed Jan 1 *Cancelled Jan 8 & 15	Closed Dec 26			----	----	----

FITNESS CLASS SCHEDULE Dec 4- Dec 23

Drop-In: \$4.75/class

Mon	Tue	Wed	Thu	Fri	Sat
Morning Fit 9:15-10:15am	Total Body Conditioning 9:15-10:15am	Morning Fit 9:15-10:15am	Total Body Conditioning 9:15-10:15pm	Morning Fit 9:15-10:15am	Inter/Advanced Step 11:00-11:50am
Total Body Conditioning 12-12:50pm	Pilates & Toning 12-12:50pm	Body Bar 12-12:50pm	Pilates & Toning 12-12:50pm	Total Body Conditioning 1:00-1:50pm	
Cardio Core & Tone 5:15-6:15pm	Total Body Conditioning 5:15-6:15pm	Advanced Step 5:15-6:15pm	Total Body Conditioning 5:15-6:15pm	Boot Camp 5:15-6:30pm	Sun
Closed Dec 25 Closed Jan 1	Closed Dec 26				----

FITNESS CLASS SCHEDULE Jan 2- Jan 21

Drop-In: \$4.75/class

Mon	Tue	Wed	Thu	Fri	Sat
Basic Yoga 8:00-8:50am	Total Body Conditioning 9:15-10:15am	Morning Fit 9:15-10:15am	Total Body Conditioning 9:15-10:15pm	Basic Yoga 8:00-8:50am	Inter/Advanced Step 11:00-11:50am
Morning Fit 9:15-10:15am	Seniors Fitness 11:11:50am	Body Bar 12-12:50pm	Pilates & Toning 12-12:50pm	Morning Fit 9:15-10:15am	
Total Body Conditioning 12-12:50pm	Pilates & Toning 12-12:50pm	Step 1:00-1:50pm	STEPreopidas 4:15-5:00pm	Seniors Fitness 10:30am-11:20am	Sun
Step 1:00-1:50pm	Dance Fit 4:15-5:00pm	Advanced Step 5:15-6:05pm	Total Body Conditioning 5:15-6:15pm	Total Body Conditioning 1:00-1:50pm	Core Yoga 5:00-5:50pm
Cardio Core & Tone 5:15-6:30pm	Total Body Conditioning 5:15-6:15pm	Body Power 6:15-7:15pm	Zumba 6:30-7:15pm	Boot Camp 5:15-6:30pm	
Gentle Yoga 6:45-7:25pm	Body Power 6:20-7:10pm				



Hours of Operation

Monday Dec 4 to Friday Dec 8	7:30am-7:00pm
Saturday Dec 9 & Sunday Dec 10	8:00am-4:00pm
Monday Dec 11 to Friday Dec 15	7:30am-7:00pm
Saturday Dec 16 & Sunday Dec 17	Closed
Monday Dec 18 to Friday Dec 22	7:30am-4:00pm Temporary store in Field House – 2 nd Level Hot Beverages and limited baked goods.
Saturday Dec 23 to Tuesday Jan 2	Closed
Wednesday Jan 3 – Sunday Jan 21	Aquarena Store Reopens Monday to Friday 7:30am-7:00pm Saturday & Sunday Closed
Monday January 22	Resume regular hours of operation

Spin Classes

Regular Schedule up to Thursday December 21, 2017
No classes from December 22, 2017 to Jan 1, 2018
Return to Regular Schedule Tuesday January 2, 2017

Monday 5:30-6:20pm
Tuesday 5:30-6:20pm
Wednesday 5:30-6:20pm
Thursday 5:30-6:20pm

Seats can be booked up to 6 days in advance at the Field House or Aquarena Customer Service Centre. Payment is due at time of booking. There are 19 seats per class and drop-in space is based on availability. Schedules, prices and instructors are subject to change at anytime.