

THE WORKS

Program Schedule

December 24, 2018 to January 1, 2019

Winter 2019 schedule begins Monday January 7, 2019

HOURS OF OPERATION

Holiday Closures

Christmas Eve Monday December 24 – Closing at 12noon
Christmas Day Tuesday December 25 - Closed
Boxing Day Wednesday December 26 - Closed
New Year's Eve Monday December 31 - Closing at 2:00pm
New Year's Day Tuesday January 1 - Closed

Aquarena Dec 24 - Jan 1

Monday-Friday 7:00am - 8:00pm
 Saturday & Sunday 7:45am - 8:00pm

Field House Dec 24 - Jan 1

Monday - Friday 7:30am -8:00pm
 Saturday & Sunday 9:00am-6:00pm

Tim Hortons

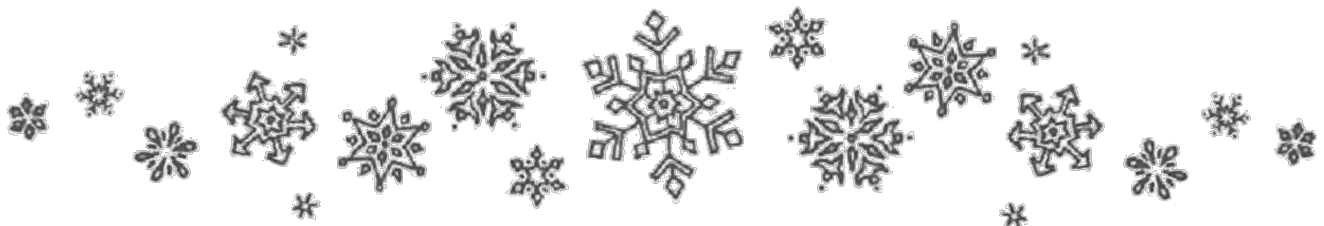
Hours of Operation

Monday Dec 24	7:30am-12noon (Limited Service)
Tuesday Dec 25 & Wednesday Dec 26	Closed
Thursday Dec 27 & Friday Dec 28	7:30am-3:00pm (Limited Service)
Saturday Dec 29 & Sunday Dec 30	10:00am-4:30pm (Limited Service)
Monday Dec 31	7:30am-2:00pm (Limited Service)
Tuesday Jan 1	Closed
Wednesday Jan 2 & Thursday Jan 3	6:30am-7:00pm
Friday Jan 4	6:30am-9:30pm
Saturday Jan 5	10:00am-9:00pm
Sunday Jan 6	10:00am-9:00pm

AQUARENA POOL SWIM SCHEDULE Dec 24 –Jan 6

Adults 18+ \$4.85 Children/Students \$3.85 Seniors 60+ \$4.10 Under 2 yrs Free Fun Pass \$2.00

Mon Dec 24	Tues Dec 25	Wed Dec 26	Thurs Dec 27	Fri Dec 28	Sat Dec 29	Sun Dec 30
Closed	Closed	Closed	Lane Swim 50m 9:00am-8:00pm	Lane Swim 50m 9:00am-8:00pm	Lane Swim 50m 12:00noon-2:00pm	Lane Swim 50m 12:00noon-2:00pm
Mon Dec 31	Tues Jan 1	Wed Jan 2	Thurs Jan 3	Fri Jan 4	Sat Jan 5	Sun Jan 6
Lane Swim 50m 9:00am-2:00pm	Closed	Lane Swim 50m 6:00am-11:00am Lane Swim 25m 12noon-3:00pm Lane Swim 25m 5:00pm-7:00pm	Lane Swim 50m 6:00am-11:00am Lane Swim 25m 12noon-3:00pm Lane Swim 25m 5:00pm-8:30pm Adult Leisure 8:35-10:00pm	Lane Swim 50m 6:00am-11:00am Lane Swim 25m 12noon-3:00pm Lane Swim 25m 5:00pm-7:00pm Public Swim 7:30pm-9:00pm	Lane Swim 25m 12noon-2:15pm Public Swim 2:30pm-4:00pm Public Swim 7:00pm-8:30pm	Family Swim 11:00am-12:30pm Public Swim 2:30pm-4:00pm Lane Swim 25m 5:45-6:45pm Public Swim 7:00pm-8:30pm



MUN POOL LANE SWIM SCHEDULE Jan 3 –Jan 6

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.

	Thu Jan 3	Fri Jan 4	Sat Jan 5	Sun Jan 6
MUN Pool will be closed from Monday December 24 to Wednesday January 2. Reopening Thursday January 3.	7:30am-9:00am 12noon-5:00pm	12noon-2:00pm	12noon-2:00pm	12noon-2:00pm 5:30-7:15pm Ladies Only: 7:30-8:30pm

WATER FITNESS SCHEDULE Jan 2 –Jan 6

Drop-In: \$4.85/class All classes take place at the Aquarena 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.

	Wed Jan 2	Thurs Jan 3	Fri Jan 4	Sat Jan 5	Sun Jan 6
There will be no water fitness classes from Dec 24 – Dec 31	SWF 11:35-11:20am	SWF & DWF 11:35-12:20am	SWF 11:35-12:20pm	---	SWF 6:15-7:00pm

FITNESS CLASS SCHEDULE Jan 2 – Jan 6

Drop-In: \$4.85/class

	Wed Jan 2	Thurs Jan 3	Fri Jan 4	Sat Jan 5	Sun Jan 6
There will be no fitness classes from Dec 24 – Dec 31	Basic Yoga 8:00-8:50am Morning Fit 9:15-10:15am Body Bar 12-12:50pm Step 1:00-1:50pm Ultimate Conditioning 4:00-4:50pm Advanced Step 5:15-6:05pm Total Body Conditioning 6:10-6:55pm	Total Body Conditioning 9:15-10:15pm Dance Fit 4:15-5:00pm Ultimate Conditioning 5:15-6:05pm Zumba 6:10-6:55pm	Basic Yoga 8:00-8:50am Morning Fit 9:15-10:15am Seniors Fitness 11:00am-11:50am Ultimate Conditioning 1:00-1:50pm Boot Camp 5:15-6:15pm	Inter/Advanced Step 11:00-11:50am	Core Yoga 5:00-5:50pm

SPIN CLASSES

Regular Schedule up to Thursday December 20, 2018

No classes from December 21, 2018 to Jan 1, 2019

Return to Regular Schedule Wednesday January 2, 2019

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.

