

JULY

Gym Hours

CLOSED Daily from 12pm – 1pm

Monday - Thursday: 8am – 5pm

Friday: 8am – 4pm

Monday	Tuesday	Wednesday	Thursday	Friday
3 GYM CLOSED CANADA DAY 	4 Sit and Fit Class 11:00 am – 12:00 am	5	6 Sit and Fit Class 11:00 am – 12:00 am	7
10	11 Sit and Fit Class 11:00 am – 12:00 am	12	13 Sit and Fit Class 11:00 am – 12:00 am	14
17	18 Sit and Fit Class 11:00 am – 12:00 am	19	20 Sit and Fit Class 11:00 am – 12:00 am	21
24	25 Sit and Fit Class 11:00 am – 12:00 am	26 GYM CLOSED 1:00 pm–5:00 pm Park 'n' Party!	27 Sit and Fit Class 11:00 am – 12:00 am	28
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