

# GUELPH GRYPHONS ATHLETICS CENTRE DECEMBER 2017 // JANUARY 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**FITNESS CENTRE HOURS**  
**ATHLETICS CENTRE HOURS**

Looking for the perfect gift or to keep your New Year's health & fitness resolutions? We offer some great services including personal training sessions, group personal training, NRG fitness class packages & skill development courses! Find out more on [gryphons.ca/fitandrec](http://gryphons.ca/fitandrec)



Shop online at [gryphons.ca/athleticsshop](http://gryphons.ca/athleticsshop) from Dec. 1 - 22/2017

ONLINE APPAREL SALE STARTS

HOLIDAY HOURS START!  
FC 7am-9:30pm  
AC 7am-10:30pm

Locker renewals begin at 5:30am!  
FC Mon. - Fri. 5:30am-9:30pm  
AC Mon. - Fri. 5:30am-10:30pm

FC 7am-9:30pm  
AC 7am-10:30pm

FC Mon. - Fri. 5:30am-9:30pm  
AC Mon. - Fri. 5:30am-10:30pm

FC 7am-9:30pm  
AC 7am-10:30pm

FC Mon. - Thur. 5:30am-9:30pm  
AC Mon. - Thur. 5:30am-10:30pm

CLOSED

CHRISTMAS DAY  
CLOSED

CLOSED

FC Wed. - Sat. 10am-6pm  
AC Wed. - Sat. 10am-7pm

ONLINE APPAREL SALE ENDS

FC 5:30am-7pm  
AC 5:30am-8pm

FC 10am-6pm  
AC 10am-7pm

NEW YEAR'S EVE  
CLOSED

JANUARY  
NEW YEAR'S DAY  
CLOSED

FC Tues. - Fri. 5:30am-9:30pm  
AC Tues. - Fri. 5:30am-10:30pm

Purchase your new locker starting today

FC 7am-9:30pm  
AC 7am-10:30pm

FC 7am-9:30pm  
AC 7am-10:30pm

REGULAR HOURS RESUME!  
Late Intramural registration | 12-9pm

Late Intramural registration | 12-9pm

FROSTY MUG TICKET SALE AT THE ARENA  
Free skate, popcorn & hot chocolate

SAVE \$10  
Last day to save \$10 on early registration!

Does not include certifications or NRG Passes. Must register by midnight.



@ the Sleeman Centre

QUESTIONS? Head to [gryphons.ca/fitandrec](http://gryphons.ca/fitandrec) to see updated times for drop-in rec, NRG Pass schedule & more OR Visit Client services in the GGAC