

AQUATIC FITNESS SCHEDULE TO JUNE 29, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Board Fit 6:15-7:15		Board Fit 6:15-7:15		
	Registered Class		Registered Class		
Aquafit *6:30-7:15am	Aquafit 6:30-7:15am	Aquafit *6:30-7:15am	Aquafit 6:30-7:15am	Aquafit *6:30-7:15am	
Aquafit 7:30-8:30am	Swim Fit 7:30-8:30am	Aquafit 7:30-8:30am	Swim Fit 7:30-8:30am	Aquafit 7:30-8:30am	
Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Swim Fit 8:45-9:45am	Aquafit 9:00-10:00am	Swim Fit 8:45-9:45am	
Aquafit 9:00-10:00am	AquaMotion 2 9:00-10:00am	Aquafit 9:00-10:00am	AquaMotion 2 9:00-10:00am	Aquafit 9:00-10:00am	Aquafit 9:05-10:05am
	Registered Class		Registered Class		
Aquafit 10:00-11:00am	AquaMotion 3 10:00-11:00am	Aquafit 10:00-11:00am	AquaMotion 3 10:00-11:00am	Aquafit 10:00-11:00am	
	Registered Class		Registered Class		
Aquatic Hip & Knee 10:00-11:00am	AquaMotion 4 10:00-11:00am	Aquatic Hip & Knee 10:00-11:00am	AquaMotion 4 10:00-11:00am	Aquatic Hip & Knee 10:00-11:00am	
Registered Class	Registered Class	Registered Class	Registered Class	Registered Class	
Aquatic Hip & Knee 10:30-11:30am	AquaMotion 3 10:30-11:30am	Aquatic Hip & Knee 10:30-11:30am	AquaMotion 3 10:30-11:30am		
Registered Class	Registered Class	Registered Class	Registered Class		
	Aquatic Hip & Knee 12:30-1:30pm		Aquatic Hip & Knee 12:30-1:30pm		
	Registered Class		Registered Class		
50+ Aquafit 1:15-2:15pm	Aquatic Hip & Knee 1:45-2:45pm	50+ Aquafit 1:15-2:15pm	Aquatic Hip & Knee 1:45-2:45pm	50+ Aquafit 1:15-2:15pm	
	Registered Class		Registered Class		
Seniors Water Circuit 2:00-3:00pm	Aquafit Warm Water 2:00-3:00pm	Seniors Water Circuit 2:00-3:00pm	Aquafit Warm Water 2:00-3:00pm		
Registered Class		Registered Class			
Aquafit 7:30-8:30pm	Aquafit 7:30-8:30pm	Aquafit 7:30-8:30pm	Aquafit 7:30-8:30pm		
	Board Fit 6:45-7:45pm		Board Fit 7:35-8:35pm		
	Registered Class		Registered Class		



AQUATIC CENTRE

SPORTS CENTRE

*Mon-Wed-Fri 6:30 AM Aquafit classes cancelled April 30-June 1

DROP-IN FITNESS PROGRAMS

Aquafit – build your endurance, strength and flexibility. This great cardio workout tones muscles while avoiding impact. Participants have the option of being in the shallow or deep water (floatation belts provided).

Swim Fit – this class is all what you make it. We have qualified swim instructors/fitness staff on deck with intense workouts planned. Need stroke correction? We can help you with that too!

