

# REGISTERED WELLNESS PROGRAMS

SESSIONS/ DATES	MONDAY & WEDNESDAY	TUESDAY & THURSDAY	TUESDAY	THURSDAY	FRIDAY
	Nov 20-Dec 20 (10) Jan 8-Feb 7 (10) Feb 14-Mar 21 (11)	Nov 21-Dec 21 (10) Jan 9-Feb 8 (10) Feb 13-Mar 22 (12)	Nov 21-Dec 19 (5) Jan 9-Feb 6 (5) Feb 13-Mar 20 (6)	Nov 23-Dec 21 (5) Jan 11-Feb 8 (5) Feb 14-Mar 22 (6)	Nov 10-Dec 22 (7) Jan 12-Feb 9 (5) Feb 16-Mar 23 (6)
<b>AQUATIC HIP &amp; KNEE</b>	Aquatic Centre 10:00-11:00am or Sports Centre 10:30-11:30 am	Sports Centre 12:30-1:30pm or 1:45-2:45pm			Aquatic Centre 10:00-11:00am
<b>AQUAMOTION 2</b>		Sports Centre 9:00-10:00am			<b>COURSE PRICE LIST</b>  <b>Board Fit</b> 5 Sessions \$65.00  <b>All other Registered Fitness Classes</b> 10 Sessions \$86.00
<b>AQUAMOTION 3</b>		Aquatic Centre 10:00-11:00am or Sports Centre 10:30-11:30am			
<b>AQUAMOTION 4</b>		Aquatic Centre 10:00-11:00am			
<b>BOARD FIT</b>			Sports Centre 6:15-7:15am 6:45-7:45pm	Sports Centre 6:15-7:15am 7:35-8:35pm	
<b>SENIORS WATER CIRCUIT</b>	Aquatic Centre 2:00-3:00pm				

## ADAPTIVE FITNESS PROGRAMS

**AquaMotion Level 2** – gentle shallow water class with an introduction to deep water for those wanting to increase their muscle strength and endurance.

**AquaMotion Level 3** – shallow & deep water class ideal for those looking to improve their cardio-respiratory fitness, balance and posture.

**AquaMotion Level 4** - shallow to deep water class that is designed to bridge the gap between Aqua-Motion 3 and a drop-in fitness class. This class will be in the 25 m lane pool and will focus on improving your cardiovascular fitness and core strength.

**Aquatic Hip & Knee** – for participants that are pre or 6-week post op. This class is designed for people of all abilities looking to strengthen their joints pre and post-surgery and allows participants to work at their own pace for their recovery. Physician’s consent required.

**Seniors Water Circuit** – improve your strength, flexibility and balance in this fun and unique strength training program. Using a variety of resistant equipment and stations this program is sure to improve your strength.

## REGISTERED FITNESS PROGRAM

**Board Fit** – the Valley’s first indoor stand up paddle board exercise class! Join us for a fun and unique core and balance fitness class. As we are in the pool, bring active wear that you do not mind getting wet. This class offers participants a great cross training opportunity.

