

Aquatic Fitness

Persons 12 years of age and up may participate in Water Fitness programming and must be comfortable in water and at least 3.5ft/1.5metres/110cm to participate due to pool depth.

Fee: FREE Members / \$8.00 Non-Member Adults, \$7.00 Non-Member Seniors, \$3.50 Non-Members youth, \$4.00 Non-Member Teen

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00am	Deep Water Aquafit 8:15-9:00am	Deep Water Walk/Run 8:15-9:00am	Deep Water Walk/Run 8:15-9:00am	Deep Water Walk/Run 8:15-9:00am	Deep Water Walk/Run 8:15-9:00am
9:00am <i>*Instruction starts at 9:05 and ends at 9:50am*</i>	Shallow Water Aquafit 9:00-10:00am NO CLASS FEB 10	Low Impact Aquafit 9:00-10:00am	Shallow Water Aquafit 9:00-10:00am NO CLASS FEB 12	Low Impact Aquafit 9:00-10:00am	Shallow Water Aquafit 9:00-10:00am
10:00am		Deep Water Aquafit 10:00-10:45am		Deep Water Aquafit 10:00-10:45am	<p>*AQUA YOGA IS A REGISTERED PROGRAM</p> <p>AQUA Yoga has a max. of 6 participants per class. Please call, visit front desk, or online to register. Members can sign up 7 days prior to the class. Non Members can sign up 2 days prior to class starting at 9am. Drop in fees are paid at time of registration. Pre-registered no shows could be bumped.</p>
		NEW AQUA Zumba STARTS FEB. 11 10:45-11:30am			
7:00pm	Running/Interval Deep TWO LANES 6:30-7:15pm	<p>AQUA ZUMBA DEMO CLASSES FEB 10, 9:00AM FEB 10, 7:30PM FEB 12, 9:00AM FEB 12, 7:10PM</p>	Deep/Shallow Water Aquafit COMBO CLASS *two teachers* 7:10-7:55pm NO CLASS FEB 12	<p>NEW STARTS FEB. 13 AQUA Yoga* 7:05-7:50pm Pool-Whirlpool</p>	
	Shallow Water Express Aquafit THREE LANES 7:15-8:00pm* NO CLASS FEB 10				

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