

FALL 2020

SPECIALTY CLASSES

Session 1 - Sep 14 to Oct 25, 2020

SERVICE	DAY/ DURATION	TIME	START DATE	COST
Arthritics	Mon & Wed 7 Weeks	11:15am	Sep 14th	Members Only **Must Register** <i>No Class Mon, Oct 12th</i>
SUP-Fit	Thurs 6 Weeks	12:10pm	Sep 17th	Members \$30 + HST Non-Members \$72 + HST
Strong Mom Swim & Sweat	Tue 6 Weeks	11:15am	Sep 15th	Members \$30 + HST Non-Members \$72 + HST

Canada Games
Aquatic Centre



Centre Aquatique
Jeux du Canada

Arthritics: A water fitness program with your arthritis in mind. Taking place in our warm leisure pool, this program is designed to help those with arthritic conditions maintain a good range of motion, general strength and stamina. The buoyancy of the water supports your limbs allowing you to exercise without aggravating painful toes, ankles, knees and hips.

Max 10 Participants, NO DROP-INS PERMITTED.

SUP-Fit: This challenging core specific class will take place on top of our stand up paddleboards in the competition pool. Focusing on core strength and balance this class will combine upper body lower body and even a bit of cardio into one intense class for any level. Only available here at the Canada Games Aquatic Centre!

Max 10 Participants, NO DROP-INS PERMITTED.

Strong Moms Swim & Sweat (Aqua & Land): This program is designed to bring fitness and balance to new mothers as they bond with their babies. This program, lead by our Pre & Post Natal Certified instructor Stephanie Galbraith, enables new moms to have an opportunity to build an emotional connection with baby and meet other new moms. This class is for moms and babies, age 3 months and up. Exercises are adapted to meet individual needs and all fitness levels. The first 3 weeks of the session will be in the pool and the last 3 weeks of the session will be held in the Functional studio to provide a better balance of both aquatic and land based fitness routines.

Max 6 Participants, NO DROP-INS PERMITTED.

Please note all classes require a min number of 5 participants registered.