

FALL 2021

FITNESS CLASSES

Session 1 · Sep 13 – Oct 31, 2021

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
9AM		·Deep H20		·Deep H20		·Supersweat	·RIP
9:30AM	·Morning Mix		·Morning Mix		·Morning Mix		
10:30AM		·Yoga				Flow Yoga (Starts Sept 24)	·Beginner Yoga
11:15AM	·Arthritics	*Strong Moms (Speciality)	·Arthritics	*Postnatal Rehab (Speciality)	·Arthritics		
12:10PM	Cardio Kick Aquacise ·Fit-Swim (Starts Oct 18)	·HIIT	·Lower Body Blast ·Aquatabata ·Fit-Swim (Starts Oct 20)	·DB Circuit	·Spin		
5:15PM	DB Circuit	·Zumba	Transform	Hatha Yoga			
6:15PM	Spin	Yin Yoga	·Core & More	·Fit-Swim (6:00pm) (Starts Oct 21) ·Core de Force	FITNESS HOURS		
7:15PM	·Aquacise		·Aquacise				
						Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-4:00pm	

LEGEND

Deep H20: Deep end competition pool.
Afternoon Aqua Classes: Lower leisure pool.
Arthritics: Lower leisure pool.
Evening Aquacise: Shallow end competition pool.
Spin: MPR aerobic studio.
MPR Classes: MPR aerobic studio.
Fit-Swim: Competition pool.



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