

# FALL 2021 FITNESS CLASSES

Session 2 · Nov 1<sup>st</sup> Dec 23<sup>rd</sup>, 2021

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7am						·Fit-Swim	
9AM		·Deep H2O		·Deep H2O		·Supersweat	·RIPPED
9:30AM	·Morning Mix		·Morning Mix		·Morning Mix		
10:30AM		·Gentle Hatha Yoga				Flow Yoga	·Beginner Yoga
11:15AM	·Arthritics	*Strong Moms (Speciality)	·Arthritics	*Postnatal Rehab (Speciality)	·Arthritics		
12:10PM	Step & Tone Aquacise ·Fit-Swim	·HIIT	Band-Camp ·Aquatatabata ·Fit-Swim	·DB Circuit	·Spin		
5:15PM	HIIT	·Zumba	Insanity	Hatha Yoga			
6:15PM	Spin & Sculpt	Yin Yoga	·Core & More	·Fit-Swim (6:00pm)	<b>FITNESS HOURS</b>		
				·Core de Force			
7:15PM	·Aquacise		·Aquacise		Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-2:00pm		

## LEGEND

**Deep H2O:** 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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