

# FALL 2022

## FITNESS CLASSES

Session # 1. Sep 5<sup>th</sup> – Oct 30<sup>th</sup>, 2022

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7AM						Fit-Swim 7-8 & 8-9 (Starts Oct 23))	
9AM		Deep H2O		Deep H2O		Supersweat	RIPPED
9:30AM	Morning Mix	<i>*Strong Moms (10am)</i>	Morning Mix		Morning Mix		
10:30AM		Yoga		Stretch & Tone			<i>*Hips &amp; Shoulders Yoga Series</i>
11:15AM	Arthritics	<i>*Strong Moms</i>	Arthritics				
12:10PM	Tabata Aquacise Fit-Swim (Starts Oct 18)	C.S.I.	SHRED Aqua-Tabata Fit-Swim (Starts Oct 20)	Inside/Outside	Pylata/Spin		
1:00PM		Kettlebell Basics		Kettlebell Basics			
5:15PM	Instructor's Choice	Zumba	Insanity Live	Hatha Yoga	<i>*Yoga for Pain Care (6pm)</i>		
6:15PM			Spin & Tone	Fit-Swim (6pm) (Starts Oct 21))	FITNESS HOURS		
7:15PM	Aquacise		Aquacise		Mon-Fri: 6:00am-8:00pm Sat-Sun: 7:00am-4:00pm		

### LEGEND

**\*Aqua Classes: Competition & Leisure areas**

**\*MPR Classes: MPR aerobic studio.**

**\*Fit-Swim: Competition pool.**

**\*Speciality Classes (Require Registration)**



Canada Games  
Aquatic Centre  
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