

Winter 2022 FITNESS CLASSES

Jan 10th – Mar 6th, 2022

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7am						Fit-Swim 7-8 & 8-9am	
9AM		Deep H2O		Deep H2O		Supersweat	RIPPED
9:30AM	·Morning Mix		Morning Mix	*Tensegrity Rest & Repair (Speciality)	Morning Mix		
10:30AM	*Intro to Fitness 10:45am (Speciality)	·Gentle Hatha Yoga	*Intro to Fitness 10:45am (Speciality)			Flow Yoga	Beginner Yoga
11:15AM	Arthritics	*Strong Moms (Speciality)	Arthritics	*Postnatal Rehab 11am (Speciality)	Arthritics		
12:10PM	RIPPED Aquacise Fit-Swim	HIIT	Aquatabata Fit-Swim	Dumbbell Circuit	Spin		
5:15PM	HIIT	Zumba	Spin	Hatha Yoga			
6:15PM	Core de Force	Yin Yoga	Core & More	Fit-Swim (6:00pm)	FITNESS HOURS		
				Insanity			
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.

*Speciality Classes Require Registration



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