

Registered Fitness Schedule Effective: Sep 16-Dec 31

Schedule and Instructors may change without notice. **NO CLASS OCT 12-14, NOV 9-11 & DEC 24-26, 31.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday-Sunday
7:00-7:45am				New! Full Body Blast	
8:00-8:45am		New! Booty Blast			
9:15-10:00am					Saturday Pound
10:05-10:50am			Fitness for the Mature Adult		
11:15am-Noon		Women on Weights		Women on Weights	
12:30-1:15pm	Fitness for the Mature Adult		Baby & Me Aqua Fit		
1:15-2:00pm		New! Seated Mobility		New! Chair Fitness	
1:00-2:00pm			Respiratory Rehabilitation	Weight Room Circuit for Mature Adult	
2:00-3:00pm			Navigator Service/Respiratory Rehab		
2:15-3:00pm	New! Begin to Spin			Pre/Post Hip & Knee	
2:15-3:15pm	New! Tai Chi for Beginners				
4:30-6:30pm					Sunday Ki Aikido
5:00-6:00pm	Trim & Tone	Tabata	Core & More		
6:15-7:00pm	Spin Blaster				
7:15-8:00pm			Spin Blaster		

JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL

Registered Yoga Schedule Effective: Sep 16-Dec 31

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Time	Monday	Tuesday	Wednesday	Thursday
Noon-1:00pm		Yin Yoga		Yin Yoga
12:05-12:50pm	Aqua Yoga		Aqua Yoga	
1:15-2:15pm				Hatha Level 1 Yoga
2:00-3:00pm			Boomer Chair Yoga	
2:15-3:15pm		Yang/Yin Yoga		
5:20-6:20pm		Flow Yoga		New! Kripula
6:00-7:00pm			New! Mindful Practice	
6:15-7:00pm	Kanduka			
7:15-8:15pm	Yang/Yin Yoga		New! Mindfulness for Stress Reduction	
6:30-7:30pm				Stretch & Relax
8:15-9:00pm				Aqua Yoga

Swim Safe... Get Fit... Be Active...