

Call-in Drop-In Aqua Fitness Schedule Effective: Sep 14-Dec 31

You must **Call-In and Reserve** your spot the day before starting at 9:00am. Space is limited... so don't delay, register today!
NO CLASS OCT 12, NOV 11, DEC 24, 25 AND 31. Instructors, schedule and class sizes may change without notice.



JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45am	Moderate Shallow	Moderate Deep	Moderate Shallow	Moderate Deep	Aqua Zumba
9:00-9:45am	Intense Deep	Intense Deep	Intense Deep	Intense Deep	Intense Deep
	Intense Shallow	Intense Shallow	Intense Shallow	Intense Shallow	Intense Shallow
10:00-10:45am	Moderate Deep	Moderate Deep	Moderate Deep	Moderate Deep	Moderate Deep
	Moderate Shallow	Moderate Shallow	Moderate Shallow	Moderate Shallow	Moderate Shallow
11:00-11:45am	Mild Deep	Moderate Deep	Mild Deep	Moderate Deep	Aqua Zumba
	Mild/Moderate Shallow	Moderate Shallow	Mild Shallow	Moderate Shallow	
	Stretch & Strength	Gentle Fit	Stretch & Strength	Gentle Fit	
12:15-1:00pm	Aqua Yoga *Must Register* See below		Aqua Yoga *Must Register* See below		
12:30-1:15pm	Baby & Me Aquafit *Must Register* See below		Baby & Me Aquafit *Must Register* See below		
6:30-7:15pm	Aqua Yoga *Must Register* See below			Aqua Yoga *Must Register* See below	
7:00-7:45pm		Moderate Combo	Moderate Combo		

Stretch & Strength: A warm water class focusing on strength and stretching.

Gentle Fit: A warm water class focused on strength and flexibility.

Mild: A class for participants with mild physical challenges.

Moderate: A mix between mild and intense.

Intense: A high intensity mix of strength and cardio.

Aqua Zumba: Zumba in the water.

***Aqua Yoga and Baby and Me Aquafit: RP closed to public during these programs. See below for details.**

Registered Aqua Fitness Programs

Aqua Yoga (RP)

Enjoy a warm water yoga class, which includes cardio, strength and flexibility. This will integrate mind, body, spirit and leave you feeling energized, lengthened and relaxed! **RP closed to the public.**

NO CLASS OCT 12 AND NOV 11.

INSTRUCTORS: **Bonnie (M/W), Mary (M/Th)**

12963	M	Sep 14-Oct 26	12:15-1:00pm	6/\$53
13025	M	Nov 2-Dec 14	12:15-1:00pm	7/\$62
13026	M	Sep 14-Oct 26	6:30-7:15pm	6/\$53
13027	M	Nov 2-Dec 14	6:30-7:15pm	7/\$62
13028	W	Sep 16-Oct 28	12:15-1:00pm	7/\$62
13029	W	Nov 4-Dec 16	12:15-1:00pm	6/\$53
13030	Th	Sep 17-Oct 30	6:30-7:15pm	7/\$62
13031	Th	Nov 5-Dec 17	6:30-7:15pm	7/\$62



Baby & Me AquaFit (MP)

Exercise for you while interacting with your baby (6-24mths)! This is a **30-minute** gentle shallow water workout plus a **15-minute** stretch in the warm pool for parents and tots. This class shares the pool with the public. **NO CLASS OCT 12 AND NOV 11.**

INSTRUCTORS: **Cindy (M), Marni (W)**

12964	M	Sep 14-Oct 26	12:30-1:15pm	6/\$53
13008	M	Nov 2-Dec 14	12:30-1:15pm	7/\$62
13009	W	Sep 16-Oct 28	12:30-1:15pm	7/\$62
13010	W	Nov 4-Dec 16	12:30-1:15pm	6/\$53

PROGRAM LOCATION KEY

B: Bentley Room **M:** Multi-purpose Room **MP:** Main Pool