

Registered Land Fitness Schedule Effective: Sep 14-Dec 31

Instructors & schedule may change without notice. **NO CLASS OCT 12 AND NOV 11.**



JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------|-------------------------------|------------------|--------------------------|--------------------------------|-------------------------|
| 9:00-9:45am | Zumba Gold | | | | |
| 10:00-10:45am | | | | New! Zumba (Outside) | |
| 10:30-11:15am | | | Fitness for Mature Adult | | New! Body Sculpt |
| 11:00-11:45am | Fit Mommas | | | | |
| 11:15am-Noon | | Women on Weights | | Women on Weights | |
| 11:45am-12:30pm | | | | | Fit Mommas |
| 12:30-1:15pm | Fitness for Mature Adult | | Baby & Me Aqua Fit | | |
| | Baby & Me Aqua Fit | | | | |
| 12:45-1:30pm | | | | Pre/Post Hip & Knee | |
| 1:00-1:45pm | New! Dance Dance Dance | | Fit Pregnancy | | |
| 1:45-2:30pm | Begin to Spin | | | | |
| 2:15-3:00pm | Tai Chi for Beginners | | | | |
| 3:00-3:45pm | | | | New! Strong Nation | |
| 4:00-5:00pm | | | | New! Kid's Cardio Dance | |
| 5:00-5:45pm | Trim & Tone | | Tabata | | |
| 6:15-7:00pm | | | | Spin Blaster | |
| 7:30-8:15pm | New! Body Balance | | | | |

Registered Yoga Schedule Effective: Sep 14-Dec 31

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| Time | Monday | Tuesday | Wednesday | Thursday |
|--------------|---------------|----------|-------------------|---------------------|
| 9:00-9:45am | | | Chair Yoga | |
| Noon-12:45pm | Aqua Yoga | Yin Yoga | Aqua Yoga | Yin Yoga |
| 6:30-7:15pm | Aqua Yoga | | | Aqua Yoga |
| | | | | Stretch & Relax |
| 6:45-7:30pm | Yang/Yin Yoga | | | |
| 7:30-8:15pm | | | Gentle Hatha Yoga | Slow Flow & Restore |

Fitness Advisor - If you need help finding a fitness class or program that best suits your needs, you can call Deanna, our Fitness Advisor, and she'll give you the advice you need. Call the front desk and ask for Deanna for your free fitness advice! (778) 797-7665

Phase 2 "Re-Opening"
General/Fitness programs /
Red Cross Swim Lessons
start Sept 14

Limited Aquatic Programs and Lane Swim. No public swim available until further notice.

Sept 8-11

Only Registration & Weight Room Open.

Tu-F 9:00am-4:00pm

We ask that you please arrive on time and leave promptly after your fitness class.