

Aqua Fitness Schedule Effective Sep 20-Dec 31

NO CLASS OCT 11, NOV 11, DEC 24 and 31. Instructors, schedule and class sizes may change without notice.

JOHNSON BENTLEY MEMORIAL AQUATIC CENTRE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45am	Deep & Shallow	Deep & Shallow	Deep & Shallow	Deep & Shallow	Aqua Zumba
	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit	Gentle Fit
9:00-9:45am	Deep & Shallow	Deep & Shallow	Deep & Shallow	Deep & Shallow	Deep & Shallow
10:00-10:45am	Deep & Shallow	Deep & Shallow	Deep & Shallow	Deep & Shallow	Deep & Shallow
11:00-11:45am	Deep & Shallow	Deep & Shallow	Deep & Shallow	Deep & Shallow	Aqua Zumba
	Gentle Fit	New! Ease Your Knees *must register* See below	Gentle Fit	New! Ease Your Knees *must register* See below	Gentle Fit
Noon-12:45pm	Aqua Yoga *must register* See below	Baby & Me Aquafit *must register* See below	Aqua Yoga *must register* See below	Baby & Me Aquafit *must register* See below	Aqua Yoga *must register* See below
6:30-7:15pm	Deep & Shallow	Aqua Yoga *must register* See below	Deep & Shallow	Aqua Yoga *must register* See below	

Please only arrive 5 minutes early for your program.

DESCRIPTIONS:

Deep & Shallow: Water exercises in the main pool.
Gentle Fit: A warm water class focused on strength and flexibility.
Aqua Zumba: Latin inspired music and water movements.

Registered Aqua Fitness Programs

Aqua Yoga (RP)

Enjoy a warm water yoga class, which includes stretching, strengthening and flexibility. This will integrate mind, body and spirit leaving you feeling lengthened and relaxed! RP closed to the public. **NO CLASS OCT 11.**

INSTRUCTORS: **Bonnie (M), Julianne (Tu,W,Th,F)**

18956 M	Sep 20-Nov 1	Noon-12:45pm	6/\$53
18996 M	Nov 8-Dec 13	Noon-12:45pm	6/\$53
18997 Tu	Sep 21-Nov 2	6:30-7:15pm	7/\$62
18998 Tu	Nov 9-Dec 14	6:30-7:15pm	6/\$53
18999 W	Sep 22-Nov 3	Noon-12:45pm	7/\$62
19000 W	Nov 10-Dec 15	Noon-12:45pm	6/\$53
19001 Th	Sep 23-Nov 4	6:30-7:15pm	7/\$62
19002 Th	Nov 18-Dec 16	6:30-7:15pm	5/\$45
19003 F	Sep 24-Nov 5	Noon-12:45pm	7/\$62
19004 F	Nov 12-Dec 17	Noon-12:45pm	6/\$53



New! Ease Your Knees (RP)

This warm water aqua class will focus on knee wellness, providing motion and maintaining stability while increasing your overall muscle strength, function and flexibility. RP closed to the public.

INSTRUCTORS: **Cindy (Tu), Marni (Th).**

19005 Tu	Sep 21-Nov 2	11:00-11:45am	7/\$62
19006 Tu	Nov 9-Dec 14	11:00-11:45am	6/\$53
19007 Th	Sep 23-Nov 4	11:00-11:45am	7/\$62
19008 Th	Nov 18-Dec 16	11:00-11:45am	5/\$45

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.

INSTRUCTORS: **Cindy (Tu) Marni (Th)**

18967 Tu	Sep 21-Nov 2	Noon-12:45pm	7/\$62
19009 Tu	Nov 9-Dec 14	Noon-12:45pm	6/\$53
19010 Th	Sep 23-Nov 4	Noon-12:45pm	7/\$62
19011 Th	Nov 18-Dec 16	Noon-12:45pm	5/\$45

Fitness Advisor

If you need help finding a fitness class or program that best suits your needs, you can call the front desk and ask for Deanna for free fitness advice, **778-797-7665.**