

Registered Land Fitness Schedule **Effective: Sep 20-Dec 31**



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

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10:00am	New! Reshape				
10:00-10:45am					Zumba
10:30-11:15am	Fitness for Mature Adult		Fitness for Mature Adult		
11:00-11:45am		New! Ease Your Knees	New! Pole Walking	New! Ease Your Knees	New! Healthy Back
11:15am-Noon		Women on Weights		Women on Weights	
11:30am-12:15pm			New! Knees in Motion		
11:45am-12:30pm	New! Gentle Ride				
Noon-12:45pm		Baby & Me Aqua Fit		Baby & Me Aqua Fit	
12:30-1:15pm			Momma Fit		
1:00-1:45pm		New! Fit After 50			
1:30-2:15pm		New! Healthy Back		New! Gentle Ride	
1:45-2:30pm				New! Strong Older Adults	
2:30-3:15pm		Tai Chi for Beginners			
5:00-5:45pm	Trim & Tone		Tabata		
6:00-6:45pm			New! Spin Blaster		

JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL

Registered Yoga Schedule **Effective: Sep 20-Dec 31**



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Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:15-11:00am	Yoga Pilates Mix				
Noon-12:45pm	Aqua Yoga		Aqua Yoga		Aqua Yoga
12:30-1:15pm		Yin Yoga		Yin Yoga	
1:15-2:15pm			New! 8 Limbs of Yoga		
1:15-2:00pm					New! Slow Flow & Restore
5:30-6:15pm	Simply Yoga			Stretch & Relax	
6:30-7:15pm		Aqua Yoga	Gentle Hatha Yoga	Aqua Yoga	
6:45-7:30pm	Yoga Pilates Mix				
7:30-8:15pm				Yoga Pilates Mix	
7:30-8:30pm		New! Yoga Nidra			
7:45-8:45pm	New! 8 Limbs of Yoga				

Johnson Bentley Turns 33!

And we want to thank you.

Join us Thursday, September 30 for a cupcake to show our appreciation for your years of business and loyalty!



Spooky Swamp Swim ...If You Dare!

Saturday October 30 6:00-8:00pm

\$8 Admission/person

(No punch cards or passes accepted)

We invite you to join us for a swim and to play some Halloween themed games! Limited number of spots.

Register online or in-person starting Fri, Oct. 1.

Drop-ins will not be admitted.

In partnership with the City of West Kelowna