

# Call-in & Reserve Aqua Fitness Schedule Effective: Feb 26-Jul 2

You must **Call-in & Reserve** your spots starting on Sundays for the upcoming week. Space is limited... so don't delay, reserve today! If you are unable to make it to your reserved time, please call us as soon as possible so we can give the spot to another customer. **NO CLASS APR 2, 5 AND MAY 24.** 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	Deep & Shallow	Deep & Shallow	Deep & Shallow	Deep & Shallow	Aqua Latin Movement
	Morning Stretch	Morning Stretch	<b>New!</b> Aqua Yoga Stretch	<b>New!</b> Aqua Yoga Stretch	Morning Stretch
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 Latin Movement
	Stretch & Strength	Gentle Fit	Stretch & Strength	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	<b>New!</b> Aqua Yoga *Must Register* See below
6:30-7:15pm	Deep & Shallow (6:45-7:30pm) Until Mar 22	Aqua Yoga *Must Register* See below	Deep & Shallow (6:45-7:30pm)	Aqua Yoga *Must Register* See below	

**Wednesday Evening Aquafit:** (limited time) Will change into a Public Swim during the Spring.

**DESCRIPTIONS:**

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

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

**Deep & Shallow:** Water exercises in the main pool.

**Aqua Latin Movement:** Latin inspired music and movement.

**Morning Stretch:** Join this warm water stretch class.

**New! Aqua Yoga Stretch:** A warm water stretch with a yoga flare.



**Please do not arrive early for your program. If you arrive early, you will be asked to wait in your car until 10 minutes before your scheduled program.**

**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.

## Registered Aqua Fitness Programs

### Aqua Yoga (Round Pool-RP)

Enjoy a warm water yoga class, which includes stretching, strength and flexibility. This will integrate mind, body, spirit and leave you feeling lengthened and relaxed! **RP closed to the public. NO CLASS APR 2, 5 AND MAY 24.**

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

15819	M	Mar 29-May 10	Noon-12:45pm	6/\$53
15897	M	May 17-Jun 21	Noon-12:45pm	5/\$45
15898	Tu	Mar 30-May 11	6:30-7:15pm	7/\$62
15899	Tu	May 18-Jun 22	6:30-7:15pm	6/\$53
15900	W	Mar 31-May 12	Noon-12:45pm	7/\$62
15901	W	May 19-Jun 23	Noon-12:45pm	6/\$53
15902	Th	Apr 1-May 13	6:30-7:15pm	7/\$62
15903	Th	May 20-Jun 24	6:30-7:15pm	6/\$53
<b>New!</b> 15904	F	Apr 9-May 14	Noon-12:45pm	6/\$53
<b>New!</b> 15905	F	May 21-Jun 25	Noon-12:45pm	6/\$53

**New! Rise & Shine Aqua Yoga (Round Pool-RP)**  
Start your morning off right with this warm water yoga class. All fitness levels welcome. **RP closed to the public.**

INSTRUCTOR: **Julianne**

15927	W	Mar 31-May 12	7:00-7:45am	7/\$62
15928	W	May 19-Jun 23	7:00-7:45am	6/\$53

### Baby & Me AquaFit (Main Pool)

Exercise 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)**

15820	Tu	Mar 30-May 11	Noon-12:45pm	7/\$62
15877	Tu	May 18-Jun 22	Noon-12:45pm	6/\$53
15878	Th	Apr 1-May 13	Noon-12:45pm	7/\$62
15879	Th	May 20-Jun 24	Noon-12:45pm	6/\$53