



Registered Fitness Schedule

Instructors & schedule may change without notice. **NO CLASS APR 10-13 AND MAY 16-18.**

JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday-Saturday
6:00-6:45am				New! Body Blast	
7:00-7:45am				New! Early Bird Cardio/Weights	
9:15-10:00am					Saturday Pound
10:05-10:50am			Fitness for the Mature Adult		
11:15am-Noon		Women on Weights		Women on Weights	
11:30am-12:15pm				Seated Zumba Gold	Friday Fit Mommas
Noon-12:45pm	Fit Mommas				
12:15-1:00pm			Fit Pregnancy		
12:30-1:15pm	Fitness for the Mature Adult		Baby & Me Aqua Fit		
1:00-2:00pm		New! Dance Dance Dance		Circuit for Mature Adult	
1:15-2:00pm		Strength & Mobility			
2:00-3:00pm	Respiratory Rehabilitation				
2:00-3:00pm	Navigator Service				
2:15-3:00pm	Begin to Spin	Begin to Spin		Pre/Post Hip & Knee	
2:15-3:15pm	Tai Chi for Beginners				
5:00-6:00pm	Trim & Tone	Tabata	Core & More		
6:00-6:45pm				Spin Blaster	
7:15-8:00pm			Spin Blaster		
7:30-8:15pm	New! Spin & Yin				
7:45-8:45pm			New! Dry & Wet Circuit		

Registered Yoga Schedule

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Time	Monday	Tuesday	Wednesday	Thursday
6:00-7:00am		Rise & Shine Yoga		
Noon-1:00pm		Yin Yoga		Yin Yoga
12:05-12:50pm	Aqua Yoga		Aqua Yoga	
1:15-2:15pm				Hatha Yoga-Level 1
2:00-3:00pm			Boomer Chair Yoga	
2:10-3:10pm		New! Yoga with Nathalie		
5:15-6:15pm		Flow Yoga		New! Yoga for Wellness
6:30-7:30pm	Yang/Yin Yoga			Stretch & Relax
7:00-8:00pm				Slow Flow & Restore
7:30-8:15pm	New! Spin & Yin			
7:30-8:30pm			Gentle yoga	
7:45-8:30pm	New! Yoga for Sleep			
8:30-9:15pm	New! Shallow Water Yoga			
8:15-9:00pm				Aqua Yoga