

Registered Fitness Schedule Effective: Jul 2-Aug 30

Schedule and Instructors may change without notice. **NO CLASS JULY 1 AND AUG 5.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday-Sunday
9:45-10:30am					Friday Strong by Zumba
12:05-12:50pm	Aqua Yoga		Aqua Yoga		
1:00-3:00pm			Respiratory Rehabilitation		
1:30-2:30pm	Yin Yoga		Yin Yoga		
2:00-3:00pm			Navigator Service		
4:30-5:30pm	Trim & Tone	Tabata			
4:30-6:30pm					Sunday -Ki Aikido until June 23
5:30-6:30pm			Fitness for the Mature Adult		
5:45-6:45pm	Spin Blaster	Women on Weights			
6:30-7:30pm	Outdoor/Indoor Fitness			Body Sculpt	
6:45-7:45pm			Spin Blaster		
7:00-8:00pm	Yang/Yin Yoga				
8:15-9:00pm	Aqua Yoga				

JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL

Registered Fitness Programs

Fitness

Fitness for the Mature Adult (M)

Improve strength and balance to reduce the risk of falls! For this low impact class, we will use bands plus lightweights with some sitting and standing movements.

INSTRUCTOR: **Marni**

11146 W Jul 3-Aug 28 5:30-6:30pm 9/\$99

Body Sculpt (M)

Let us transform your body using weights to achieve your ideal shape! Using a variety of fitness equipment, this circuit style class includes core work followed with a great stretch.

INSTRUCTOR: **Tanya**

11255 Th Jul 4-Aug 29 6:30-7:30pm 9/\$99

STRONG by Zumba® (M)

This is a revolutionary high-intensity workout led by music to motivate you to crush your ultimate fitness goals. All fitness levels welcome. **NO CLASS AUG 9.**

INSTRUCTOR: **Maya**

11153 F Jul 5-Aug 30 9:45-10:30am 8/\$68

Tabata (M)

A workout for everyone! This class takes you from 20-second bouts of high-intensity training followed by 10-seconds of rest and then repeated. Working out in these short, intense bursts has an incredible effect on your body. **NO CLASS JUL 16.**

INSTRUCTOR: **Judy**

11154 Tu Jul 2-Aug 27 4:30-5:30pm 8/\$88

PROGRAM LOCATION KEY

J: Johnson Room

M: Multi-purpose Room

B: Bentley Room

MP: Main Pool

C: Weight/Circuit Room

RP: Round Pool

PD: Pool Deck

O: Outside

Outdoor/Indoor Fitness

Come rain or shine! Workout in the fresh air with moderate to high intensities, moving inside for a yoga stretch. **NO CLASS AUG 5.**

INSTRUCTOR: **Tanya**

11256 M Jul 8-Aug 26 6:30-7:30pm 7/\$77

Women on Weights (M)

This progressive strength training class (for women of all ages) includes free weights, bands and balls to target multiple muscle groups. Enhance your muscle tone while boosting your metabolism. **NO CLASS JUL 30.**

INSTRUCTOR: **Cindy**

11293 Tu Jul 2-Aug 27 5:45-6:45pm 8/\$88

Trim & Tone (M)

Improve your endurance and muscle strength! We'll be using a series of low impact movements working each muscle group. Learn how to get the most out of each exercise! **NO CLASS JUL 15 and AUG 5.**

INSTRUCTOR: **Judy**

11155 M Jul 8-Aug 26 4:30-5:30pm 6/\$66



Registered Fitness Programs EARLY BIRD BONUS!

Register one week prior and receive \$5 off!