

Registered Land Fitness Schedule Effective: Jan 4-Mar 12



Instructors & schedule may change without notice. **NO CLASS FEB 15.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00-10:45am					Zumba
10:15-11:00am			Fitness for the Mature Adult	New! Barre Fusion	
10:30-11:15am	Fitness for Mature Adult				
11:00-11:45am		Momma Fit			
11:15am-Noon		Women on Weights		Women on Weights	New! T"N"T Tighten & Tone
11:30am-12:15pm			Knees & Hips Motion		
12:15-1:00pm		Baby & Me Aqua Fit		Baby & Me Aqua Fit	
12:30-1:15pm			Momma Fit		
1:00-1:45pm		Dance Dance Dance			
2:15-3:15pm		Tai Chi for Beginners			
3:00-3:45pm				Strong Nation	
4:00-5:00pm				Kid's Dance	
5:00-5:45pm	Trim & Tone		Tabata		

JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL

Registered Yoga Schedule Effective: Jan 4-Mar 12



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Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:30am			New! Electric Fusion		
8:00-8:45am			New! Aqua Yoga Groove	New! Aqua Yoga Groove	
10:15-11:00am				New! Barre Fusion	
10:30-11:15am	New! Chair Yoga				
Noon-12:45pm				Yin Yoga	
12:30-1:15pm		Yin Yoga			
12:15-1:00pm	Aqua Yoga		Aqua Yoga		
1:00-1:45pm			New! Chair Yoga		
5:30-6:15pm	New! Flow Yoga			Stretch & Relax	
6:00-7:00pm					New! Date Night Yoga
6:30-7:15pm		Aqua Yoga	Gentle Hatha Yoga	Aqua Yoga	
6:45-7:30pm	New! Yoga Pilate Mix				
7:30-8:15pm		Slow Flow & Restore			
7:30-8:30pm				New! Electric Fusion	

Fitness Advisor • If you need help finding a fitness class or program that best suits your needs, you can call Deanna, our Fitness Advisor, and she will give you the advice you need. Call the front desk and ask for Deanna for your free fitness advice! (778) 797-7665

PROGRAM LOCATION KEY
B: Bentley Room **RP:** Round Pool
MP: Main Pool **M:** Multi-purpose Room