

Registered Fitness Schedule

Schedule and Instructors may change without notice. **NO CLASS FEB 16-18.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday-Sunday
8:30-11:15am	Tot Watch	Tot Watch	Tot Watch	Tot Watch	Friday Tot Watch
9:15-10:00am					Saturday Pound
10:05-10:50am			Fitness for the Mature Adult		
11:15am-Noon		Women On Weights		Women On Weights	
12:30-1:15pm	Fitness for the Mature Adult				
12:45-1:30pm			Baby & Me AquaFit		
1:00-3:00pm	Respiratory Rehabilitation		Respiratory Rehabilitation		
1:30-2:30pm		Line Dancing			
2:00-3:00pm	Navigator Service Tai Chi		Navigator Service		
2:15-3:00pm	Osteofit			Osteofit Pre/Post Hip & Knee	
2:45-3:45pm		Ballroom Dancing	Dance Movement		Friday Dance Movement
4:00-4:45pm			Pound		
4:30-6:30pm					Sunday Ki Aikido
5:00-6:00pm	Trim & Tone	Tabata	Core & More		
6:15-7:00pm	Spin Blaster				
6:30-7:30pm		Cardio Dance			
7:15-8:00pm			Spin Blaster		
8:15-9:30pm		Jiu-Jitsu		Jiu-Jitsu	

JOHNSON BENTLEY
MEMORIAL AQUATIC CENTRE

778-797-POOL

Registered Yoga Schedule

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Time	Monday	Tuesday	Wednesday	Thursday	Friday-Sunday
Noon-1:00pm		Yin Yoga		Yin Yoga	
12:05-12:50pm	Aqua Yoga		Aqua Yoga		
1:15-2:00pm				Yoga Tone	
1:15-2:15pm		Yang/Yin Yoga		Level 1 Hatha/ Iyengar Yoga	
2:00-3:00pm			Boomer Chair Yoga		
2:30-3:15pm		Kanduka			
5:20-6:20pm		Flow Yoga			
6:15-7:00pm	Kanduka				
7:00-8:00pm				Stretch & Strength	
7:15-8:15pm	Yang/Yin Yoga				
7:30-8:30pm			Healing Back Yoga		
8:15-9:00pm				Aqua Yoga	

Swim Safe... Get Fit... Be Active...