

# Aqua Fitness Drop-In Schedule

Summer 2024



**Aqua Fitness Drop-in Classes will continue to be available for pre-registration.**

Reservations are not required for participation to Aqua fitness classes, however, it is **strongly recommended** that participants register online in advance as all classes are first-come, first-served. Walk-in's are available where space permits.

## Magna Centre Schedule

**Effective July 1, 2024. Subject to change at any time**

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>Aqua Fit Combo</b> (Med Intensity)			9 to 9:45 a.m. Gwynne	10 to 10:45 a.m. Carolyn	10 to 10:45 a.m. Gwynne	8:45 a.m. to 9:30 a.m. Gwynne
<b>Bootcamp</b> (High Intensity)						
<b>Aqua Leisure*</b>		10 to 10:45 a.m.				
<b>Fit Forever</b> (Low Intensity)	<b>New Instructor!</b> 10 to 10:45 a.m. Andrea	<b>New Instructor!</b> 9 to 9:45 a.m. Andrea	10 to 10:45 a.m. Jeries			
<b>Hydro Power</b> (Med-High Intensity)	9 to 9:45 a.m. Carolyn			9 to 9:45 a.m. Carolyn	9 to 9:45 a.m. Karen	
<b>Aqua Zumba</b> (Med-High Intensity)		8:15 to 9 p.m. Megan I.		8:15 to 9 p.m. Megan I.		

## Ray Twinney Recreation Complex Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>Aqua Fit Combo</b> (Med Intensity)	11 to 11:45 a.m. Gwynne			11 to 11:45 a.m. Gwynne		
<b>Aqua Leisure*</b>		11 to 11:45 a.m.	11 to 11:45 a.m.			
<b>Fit Forever</b> (Low Intensity)						
<b>H2O Repair</b> (Low Intensity)	11:50 a.m. to 12:20 p.m. Gwynne			10:15 to 10:45 a.m. & 11:50 to 12:20 p.m. Gwynne		

## Gorman Outdoor Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>Aqua Fit Combo</b> (Med Intensity)	11:15 a.m. to 12 p.m. Jeries		11:15 a.m. to 12 p.m. Jeries			
<b>Aqua Leisure</b>				11 a.m. to 12 p.m.		
<b>Hydro Power</b> (Med-High Intensity)		11:15 a.m. to 12 p.m.. Gwynne			11:15 a.m. to 12 p.m. Gwynne	

### Important Change

If you are unable to attend the class you have registered in, promptly log back into your account and withdraw your registration. Withdrawals can occur till the start time of the class. If you are unable to withdraw yourself, please ensure you call **(905) 895-5193** and one of our Kiosk Customer Service Associates will be able to assist you. No shows will not be refunded. Due to industry wide staffing shortages.

Pool amenities such as the learning pool, swirl pool, and waterslide will be available where staffing permits and may be closed with little to no notice. Programs may be shortened or temporarily cancelled with little to no notice. Programs may be offered at limited capacity.

\*No Instructor Present (See Class Description). \*\*Pool space shared with other programming.

# Aqua Fitness Class Descriptions

## **Aqua Bootcamp**

Focus is on a cardio challenge, core strength and improving muscle tone from tops to toes! This aqua workout provides a low impact but a high energy challenge for participants of all ages, skills and fitness levels.

## **Aquafit Combo**

An "all exercise workout to music, participants will move through combinations of a total body workout as you move through all depths of the pool

## **Aqua Deep**

This deep water class will jump start your cardiovascular system and get blood pumping! A high intensity class that gets you moving, feeling strong and ready to take charge of your fitness.

## **Aqua Leisure**

No instructor? No problem. This is a dedicated pool time for individuals 13 years of age & older to continue to work on their Aqua Fitness exercises at their own pace & intensity. No instructor will be present to teach a class.

## **Aqua Zumba®**

A 'pool party' workout for all ages! An effective and challenging workout that integrates the Latin flair of Zumba® in the water! Get ready to move and feel this class with the resistance of dancing in the water.

## **Diaper Fit**

An Aquafit program designed for parents and babies to enjoy the calming effects of the water together! For babies under the age of 3, flotation boats are offered to keep the baby afloat while the parents can participate in the shallow water workout. Babies must be able to sit upright unassisted.

## **Fit Forever**

Geared to 55 years old and up, you can expect to leave this class feeling great! With fitness-level focused choreography and intensity that can be modified, you can expect to be using the shallow and deep ends of the pool.

## **Hydro Power**

This invigorating class improves cardio conditioning, muscular strength and endurance using buoyancy and resistance of water. It removes the impact of high-intensity land workouts while still working the body and getting results!

## **H2O Repair**

This 30-minute gentle stretching and strengthening class takes place in the swirl pool. This class will ease your joints, muscles and help with injury recovery.

## **Water In Motion**

This class is a low-impact workout but a high-energy challenge for participants of all ages, skills and fitness levels. Jump in and make a splash with this fun and invigorating class that will leave you with a smile on your face. This class takes place in shallow to mid-depth water.