

# DROP IN AQUAFIT



## FALL SCHEDULE

SAANICH COMMONWEALTH PLACE

☎ 250-475-7600

**November 12 – December 19**

| PROGRAM                                                                                                                                                                              | MONDAY                          | TUESDAY                        | WEDNESDAY                                                           | THURSDAY                                                              | FRIDAY                                                          |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------|--------------------------------|---------------------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------|
| <b>Shallow Aquafit</b> ❤️❤️                                                                                                                                                          | 9:00-10:00 am<br><i>Diane</i>   | 9:00-9:50 am<br><i>JoAnn</i>   | 9:00-9:50 am<br><i>JoAnn</i>                                        | 9:00-9:55 am<br><i>Kathleen</i>                                       | 8:00-8:50 am<br><i>Jaela</i><br>9:00-10:00 am<br><i>Angella</i> |
| <b>Evening Shallow Aquafit</b> ❤️❤️                                                                                                                                                  |                                 | 7:00-7:50pm<br><i>Lily</i>     |                                                                     | 7:00-7:50pm<br><i>Jenna</i>                                           |                                                                 |
| <b>Deep Aquafit</b> ❤️❤️                                                                                                                                                             | 10:15- 11:05 am<br><i>Karen</i> | 10:15-11:05 am<br><i>JoAnn</i> | 8:00-8:50 am<br><i>Betty-Ann</i><br>10:00- 10:50 am<br><i>JoAnn</i> | 8:00-8:50 am<br><i>Betty-Ann</i><br>10:15- 11:05 am<br><i>Pauline</i> | 10:15- 11:15 am<br><i>Angella</i>                               |
| <b>Shallow &amp; Deep Aquafit Combo</b> ❤️❤️                                                                                                                                         | 8:00-8:50 am<br><i>Karen</i>    |                                |                                                                     |                                                                       |                                                                 |
| <b>Gentle Aquafit</b> ❤️<br><i>(Formerly Shallow Water Walking)</i>                                                                                                                  | 12:00-1:00 pm<br><i>Elaine</i>  |                                | 12:00-1:00 pm<br><i>Karen</i>                                       |                                                                       | 12:00-1:00 pm<br><i>Harrison</i>                                |
| <b>Deep Aqua Conditioning</b> ❤️                                                                                                                                                     |                                 | 8:00-8:50 am<br><i>Jackie</i>  |                                                                     |                                                                       |                                                                 |
| <b>Swim/Dive Meets (class cancelled): Dec 5th</b><br><b>STAT Holidays (class cancelled): Nov 11th</b><br>**All times subject to change. Please check schedule the day of your class. |                                 |                                |                                                                     |                                                                       | Flip over for more details                                      |

# Aquafit Drop-in Descriptions

All classes welcome participants 13yrs+. For your convenience when choosing a drop in class we have now listed the intensity beside the class. However, modifications can be shown in all classes.

♥ Suitable for everyone from beginners to the more advanced. Emphasizes fun, and effective workouts; challenging options given for experienced participants.

♥♥ Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for individuals who are already actively exercising.

♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

## SHALLOW AQUAFIT ♥♥

A fun, self-paced workout that provides total body conditioning held in the shallow pool.

## DEEP AQUAFIT ♥♥

A low-impact, high-energy deep water workout using flotation belts, easily modified for all fitness levels.

## SHALLOW & DEEP AQUAFIT COMBO ♥♥

You choose what kind of Aquafit class you want! One instructor runs both a shallow and a deep Aquafit class at the same time with individual moves for each pool.

## GENTLE AQUAFIT ♥ *(Formerly Shallow Water Walking)*

A fun, low impact workout in the shallow pool for those recovering from injury, with arthritis, or simply wanting a mild class.

## DEEP AQUA CONDITIONING ♥

Ideal for those recovering from injury or joint replacements, this class focuses on balance, core strength, total body strength, coordination, and cardio fitness.