

Saanich Commonwealth Place

250-475-7600

Drop-in Aquafit Fall Schedule

Effective: Sept 21 - Dec 18, 2026

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shallow Aquafit ♥♥	9-9:50am <i>Diane</i>	9-9:50am <i>JoAnn</i>	9-9:50am <i>JoAnn</i>	9-9:50am <i>Jackie</i>	8-8:50am <i>Jaela</i>
					9-10am <i>Angella</i>
Evening Shallow Aquafit ♥♥		7-7:50pm <i>Lily</i>			
Deep Aquafit ♥♥	10:15-11:05am <i>Karen</i>	10:15-11:05am <i>JoAnn</i>	8-8:50am <i>Betty-Ann</i>	8-8:50am <i>Betty-Ann</i>	10:15-11:15am <i>Angella</i>
			10-10:50am <i>JoAnn</i>	10:15-11:05am <i>Jackie</i>	
Shallow & Deep Aquafit Combo ♥♥	8-8:50am <i>Karen</i>				
Gentle Aquafit ♥	12-1pm <i>Elaine</i>		12-1pm <i>Karen</i>		12-1pm <i>Harrison</i>
Deep Aqua Conditioning ♥		8-8:50am <i>Jackie</i>			

Notes and Information

- **Classes cancelled** due to Swim/Dive Meets: Nov 6, Nov 27, Dec 4
- **Classes cancelled** due to Stat Holidays: Sept 30, Oct 12, Nov 11
- All classes welcome participants 13yrs+
- Locker tokens are available at reception. \$0.50 for 1 or \$10 for 25

All times subject to change at short notice. Call 250-475-7600 for more information

Intensity Level Guide

	Ideal for beginners without prior fitness experience or experienced individuals wanting to focus on technique and fundamental movement skills.
	Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for those who are already active.

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

All classes welcome participants 13yrs+.

The intensity for each class is listed above. Modifications can be shown in all classes.