

DROP IN AQUAFIT



Holiday Schedule - Dec 22-26

SAANICH COMMONWEALTH PLACE - Aquafit Schedule

250-475-7600

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shallow Aquafit ♥♥	9:00-10:00am <i>Lily</i>	9:00-10:00am <i>Jenna</i>	9:00-10:00 am <i>*Self Directed</i>	MERRY CHRISTMAS!	
Deep Aquafit ♥♥	8:00-8:50am <i>Jenna</i> 10:15-11:15am <i>Jenna</i>	8:00-8:50am <i>Jenna</i> 10:15-11:15am <i>*Self Directed</i>	10:15- 11:15 am <i>*Self Directed</i>		
Gentle Aquafit	11:30am-12:30pm <i>Elaine</i>				
STAT HOLIDAYS (no classes): Dec 25 & 26					Flip over for more details
**All times subject to change. Please check schedule the day of your class.					

Holiday Schedule - Dec 29-Jan 2

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shallow Aquafit ♥♥	9:00-10:00 a.m. <i>Lily</i>	9:00-10:00am <i>Lily</i>	9:00-10:00 am <i>Lily</i>	Happy New Year!	
Deep Aquafit ♥♥	8:00-8:50am <i>Lily</i> 10:15- 11:15 a.m. <i>*Self Directed</i>	10:15-11:15am <i>*Self Directed</i>	10:15- 11:15 am <i>*Self Directed</i>		
Gentle Aquafit ♥	11:30am-12:30pm <i>Elaine</i>				
STAT HOLIDAYS (no classes): Jan 1					Flip over for more details
**All times subject to change. Please check schedule the day of your class.					

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.

SHALLOW AQUAFIT ♥♥

A fun, moderate to intense, self-paced workout focusing on total body conditioning held in the shallow pool.

DEEP AQUAFIT ♥♥

This is a non-impact, high energy, moderate workout in the deep water. Floatation belts are used and the class can be easily modified for all fitness levels.

GENTLE AQUAFIT ♥

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

***SELF DIRECTED**

We do not have an available Instructor to teach these classes, but we still wanted to provide a space for participants to do their own workouts. The Lifeguard team will put on workout music and put out exercise equipment for participant use.