

DROP IN AQUAFIT



SPRING SCHEDULE

SAANICH COMMONWEALTH PLACE

☎ 250-475-7600

March 16 - June 26

| PROGRAM | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------------------------------|--------------------------------|---|--|---|
| Shallow Aquafit ❤️❤� | 9:00-10:00 am <i>Diane</i> | 9:00-9:50 am <i>JoAnn</i> | 9:00-9:50 am <i>JoAnn</i> | 9:00-9:50 am <i>Kathleen</i> | 8:00-8:50 am <i>Jaela</i> 9:00-10:00 am <i>Angella</i> |
| Evening Shallow Aquafit ❤️❤� | | | | 7:00-7:50pm <i>Jenna</i> | |
| Deep Aquafit ❤️❤� | 10:15- 11:05 am <i>Karen</i> | 10:15-11:05 am <i>JoAnn</i> | 8:00-8:50 am <i>Betty-Ann</i> 10:00- 10:50 am <i>JoAnn</i> | 8:00-8:50 am <i>Betty-Ann</i> 10:15- 11:05 am <i>Pauline/Jackie</i> | 10:15- 11:15 am <i>Angella</i> |
| Shallow & Deep Aquafit Combo ❤️❤� | 8:00-8:50 am <i>Karen</i> | | | | |
| Gentle Aquafit ❤️ <i>(Formerly Shallow Water Walking)</i> | 12:00-1:00 pm <i>Elaine</i> | | 12:00-1:00 pm <i>Karen</i> | | 12:00-1:00 pm <i>Harrison</i> |
| Deep Aqua Conditioning ❤️ | | 8:00-8:50 am <i>Jackie</i> | | | |
| <p>Swim/Dive Meets (class cancelled): April 17, May 28, May 29</p> <p>STAT Holidays (class cancelled): April 3, April 6, May 18</p> <p>**All times subject to change. Please check schedule the day of your class.</p> | | | | | <p>Flip over for more details</p> |

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.