

# DROP IN WATERFIT



## FALL SCHEDULE

☎ 250-475-7600

SAANICH COMMONWEALTH PLACE - Waterfit Schedule

September 18 - December 22

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shallow Waterfit ❤️❤️	9:00-10:00 a.m.	9:00-9:45 a.m.	9:00-9:50 a.m.		9:00-10:00 a.m.
Deep Waterfit ❤️❤️	10:15- 11:15 a.m.	8:00-8:50 a.m. 10:15-11:15 a.m.	8:00-8:50 a.m. 10:00- 10:50 a.m.	8:00-8:50 a.m. 10:15- 11:15 a.m.	10:15- 11:15 a.m.
Shallow & Deep Waterfit Combo ❤️❤️	8:00-8:50 a.m.			9:00-10:00 a.m.	
Shallow Water Walking ❤️	12:00-1:00 p.m.		12:00-1:00 p.m.		12:00-1:00 p.m.
Power Waterfit ❤️❤️❤️					8:00-8:50 a.m.
STAT HOLIDAYS: No classes (Oct 9)					Flip over for more details
**All times subject to change. Please check schedule the day of your class.					



Saanich  
Commonwealth  
Place

# Water Fitness 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 WATERFIT ♥♥**

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

## **DEEP WATERFIT ♥♥**

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.

## **SHALLOW & DEEP WATERFIT COMBO ♥♥**

This Combo class lets you choose what kind of waterfit class you want to participate in. One instructor will run both a Shallow and a Deep waterfit class at the same time with individual moves for each pool.

## **SHALLOW WATER WALKING ♥**

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

## **POWER WATERFIT ♥♥♥**

A high energy, moderate to intense total body workout held in the shallow pool. The emphasis is on cardiovascular training with some toning exercises. Easily modified.