

DROP IN WATERFIT



SPRING SCHEDULE

SAANICH COMMONWEALTH PLACE

☎ 250-475-7600

April 1 - June 28

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shallow Waterfit ♥♥	9:00-10:00 am Wanda	9:00-9:50 am JoAnn	9:00-9:50 am JoAnn	9:00-9:55 am Kathleen	*8:00-8:50 am Jaela *9:00-10:00 am Angella <i>*Classes cancelled April 19th</i>
Deep Waterfit ♥♥	10:15- 11:15 am Karen	10:15-11:15 am JoAnn	8:00-8:50 am Betty-Ann 10:00- 10:50 am JoAnn	8:00-8:50 am Betty-Ann 10:15- 11:15 am Jackie	*10:15- 11:15 am Angella <i>*Classes cancelled April 19th</i>
Shallow & Deep Waterfit Combo ♥♥	8:00-8:50 am Karen				
Shallow Water Walking ♥	12:00-1:00 pm Elaine/Shaina		12:00-1:00 pm Karen		*12:00-1:00 pm Anne <i>*Classes cancelled April 19th</i>
Deep Water Conditioning ♥		8:00-8:50 am Jackie			
STAT HOLIDAYS (class cancelled): April 1, May 20th Swim/Dive Meets (class cancelled): April 19, May 31 **All times subject to change. Please check schedule the day of your class.					Flip over for more details

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.

DEEP WATER CONDITIONING ♥

This low impact class is ideal for people recovering from injury or joint replacements. Work on balance, core, total body strength, coordination, and cardio fitness.