



☎ 250-475-7600

COMMONWEALTH PLACE - Waterfit Schedule

Spring 2021

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shallow Waterfit ❤️❤️	9:00-10:00 a.m. 6:15-7:00 p.m.	9:00-10:00 a.m.	9:00-10:00 a.m. 6:00-7:00 p.m.	9:00-10:00 a.m.	9:00-10:00 a.m.		
Deep Waterfit ❤️❤️	10:05- 10:50 a.m.	8:15-9:00 a.m. 10:05- 10:50 a.m.	10:05- 10:50 a.m.	8:15-9:00 a.m. 10:05- 10:50 a.m.	10:05- 10:50 a.m.		
Shallow Water Walking ❤️	12:00-1:00 p.m.		12:00-1:00 p.m.		12:00-1:00 p.m.		

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 WATERFIT ❤️

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

STAT HOLIDAYS: Apr 2nd & 5th



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& COMMUNITY SERVICES**

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