

**COMMONWEALTH PLACE - Waterfit**

☎ 250-475-7600

Effective September 16- December 22, 2019

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shallow Water Walking	12:00-1:00 p.m.		12:00-1:00 p.m.		12:00-1:00 p.m.		
Shallow Waterfit	8:00-8:50 a.m. 9:00-10:00 a.m.	9:00-9:45 a.m.	9:00-10:00 a.m.	9:00-9:45 a.m.	8:00-8:50 a.m. 9:00-10:00 a.m.		
Power Waterfit	7:00-8:00 p.m.		7:00-8:00 p.m.				
Deep Waterfit	9:00-10:00 a.m. 10:15- 11:15 a.m. 8:10-9:10 p.m.	8:15-9:00 a.m. 9:45-10:30 a.m.	10:15- 11:15 a.m. 8:10-9:10 p.m.	8:15-9:00 a.m.	10:15-11:15 a.m.		
Aqua Strength & Stretch*		9:30-10:30 a.m.*		9:30-10:30 a.m.*			
Deep Water Conditioning*		12:30-1:30 p.m.*		12:30-1:30 p.m.*			
Baby Waterfit*			11:00-11:45 a.m.*				
Stat Holidays: Oct. 14 & Nov. 11 Shallow Waterfit at 12-1pm	Childminding available Mon - Fri 8:45-11:30 a.m., not available on Stat Holidays. *Registered classes that welcome drop-ins, space permitting for \$6 with an access pass or \$12 without.						

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.

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 mild and fun no-bounce water fitness class for those recovering from injury, with arthritis or simply wanting a mild class held in the shallow pool.

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.

AQUA STRETCH AND STRENGTH ♥

Use the resistance of the water to stretch, strengthen and stabilize your body in an invigorating muscle conditioning workout. A combination of yoga, pilates,, strength and flexibility exercises in shallow water. Perfect class for everyone. This is a registered class that welcomes drop-in participants.

DEEP WATER CONDITIONING ♥

A non-weight bearing deep water class ideal for people recovering from injury, joint replacements and those who want to improve all facets of their fitness. The class works on balance, core, total body strength, co-ordination and cardio fitness. This is a registered class that welcomes drop-in participants.

BABY WATERFIT ♥

A special waterfit class for parents & babies, 4-18 months. .A great way to get in shape while getting your baby used to being in water in a fun and interactive way. This is a registered class that welcomes drop-in participants.