

SCHEDULES AT A GLANCE

Aquafitness April 1- Sept 15, 2019

Class	Description
Aqua Cycle	Enjoy a unique cardio class using our aqua cycles. Low impact and challenging and of course...fun (Lap Pool).
Aquafit	Muscular conditioning/cardio using equipment (Deep and shallow end of the pool)
Aqua Stretch and Strengthen	Regain and maintain strength, flexibility and balance. (Therapy Pool)
Aqua Zumba	A fun cardio workout with Zumba moves and low impact grooves- the only one north of Barrie. (Lap Pool)
Aquafit Deep Water	A challenging class with equipment and suspended buoyancy moves using the deep end.
Aquafit Shallow NEW	Muscular conditioning/cardio mixed with equipment. shallow end only class (Lap Pool).
Aqua Surf & Turf	Start your workout on deck and finish in the water. (Lap Pool).
Aqua Yoga	A stronger mind, body & spirit through water based yoga. Restorative and therapeutic (Therapy Pool)
Aqua Stretch & Strengthen	Regain and maintain strength, flexibility and balance. (Therapy Pool)
Aquafit	Muscular conditioning/cardio mixed with equipment. Deep and shallow use of Lap Pool
Aqua Cycle Step NEW	Enjoy a unique cardio class using our aqua cycles and aquatic steps for low impact fun and variety (Lap Pool).

 ***Cycling classes**: call 24 hours in advance to reserve a bike. Clean indoor shoes to be worn in the water.

* **Baby Boats**: available for every Aquafit class, you work out with your baby floating beside you!