

# AQUAFITNESS CLASS DESCRIPTIONS

Day	Class	Instructor	Time	Description
Mon	Aqua Cycle	Laura	8:30 - 9:30 am	Enjoy a unique cardio class using our aqua cycles. Low impact and challenging and of course...fun (Lap Pool).
Mon	Aquafit	Laura	9:30 - 10:30 am	Muscular conditioning/cardio using equipment (Deep and shallow end of the pool)
Mon	Aqua Stretch and Strengthen	Laura	10:30 - 11:30 am	Regain and maintain strength, flexibility and balance. (Therapy Pool/2 Lanes Lap Pool)
Mon	Aquafit	Meghan	2:30 - 3:30 pm	Muscular conditioning/cardio using equipment (Deep and shallow use of the pool)
Mon	Aqua Zumba	Jenni	7:00 - 8:00 pm	A fun cardio workout with Zumba moves and low impact grooves- the only one north of Barrie! (Lap Pool)
Tue	Aqua Cycle	Wendy	8:00 - 9:00 am	Enjoy a unique cardio class using our aqua cycles. Low impact and challenging and of course...fun (Lap Pool).
Tue	Aquafit Deep Water NEW	Mary	8:00 - 9:00 am	A music free, challenging class with equipment and suspended buoyancy moves using the deep end.
Tue	Aquafit Deep Water	Mary	9:00 - 10:00 am	A music free, challenging class with equipment and suspended buoyancy moves using the deep end.
Tue	Aquafit Shallow NEW	Meghan	10:30 - 11:30 am	Muscular conditioning/cardio mixed with equipment. New shallow end only class (Lap Pool).
Tue	Aqua Stretch & Strengthen	Wendy	10:30 - 11:30 am	Regain and maintain strength, flexibility and balance (Therapy Pool).
Tue	Aqua Stretch & Strengthen	Wendy	11:30 - 12:30 pm	Regain and maintain strength, flexibility and balance (Therapy Pool).
Wed	Aqua Surf & Turf	Meghan	8:30 - 9:30 am	Start your workout on deck and finish in the water. Land based movement sequences and aquatic conditioning after (Lap Pool).
Wed	Aqua Cycle	Silvia	9:30 - 10:30 am	Enjoy a unique cardio class using our aqua cycles.
Wed	Aqua Yoga	Shannon	10:30 - 11:30 am	A stronger mind, body & spirit through water based yoga. Restorative and therapeutic (Therapy Pool)
Wed	Aqua Stretch & Strengthen	Silvia	11:30 - 12:30 pm	Regain and maintain strength, flexibility and balance. (Therapy Pool)
Wed	Aquafit	Meghan	2:30 - 3:30 pm	Muscular conditioning/cardio mixed with equipment. Deep and shallow use of Lap Pool
Thu	Aqua Cycle	Silvia	8:00 - 9:00 am	Enjoy a unique cardio class using our aqua cycles. (Lap Pool)
Thu	Aquafit Deep Water NEW	Mary	8:00 - 9:00 am	A music free, challenging class with equipment and suspended buoyancy moves using the deep end. (Lap Pool)
Thu	Aquafit Deep Water	Mary	9:00 - 10:00 am	A music free, challenging class with equipment and suspended buoyancy moves using the deep end. (Lap Pool)
Thu	Aqua Stretch & Strengthen	Silvia	10:30 - 11:30 am	Regain and maintain strength, flexibility and balance. (Therapy Pool)
Fri	Aqua Cycle Step NEW	Meghan	8:30 - 9:30 am	Enjoy a unique cardio class using our aqua cycles and aquatic steps for low impact fun and variety (Lap Pool).
Fri	Aquafit	Meghan	9:30 - 10:30 am	Muscular conditioning/cardio mixed with equipment. Deep and shallow use of the Lap Pool.
Fri	Aqua Stretch & Strengthen	Wendy	11:30 - 12:30 pm	Regain and maintain strength, flexibility and balance (Therapy Pool).
Fri	Aquafit	Meghan	2:30 - 3:30 pm	Muscular conditioning/cardio mixed with equipment (Lap Pool).
Sat	Aquafit (Apr 13- June 8, 2019)	Rotation	8:30 - 9:30 am	Muscular conditioning/cardio mixed with equipment. (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!