

September 10 - December 14 **Aqua Fitness**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 - 9:00 am Aqua Fitness (Shallow) Leisure Pool Deedee	8:15 - 9:00 am Aqua Fitness Leisure Pool Carole	8:15 - 9:00 am Aqua Fitness (Shallow) Leisure Pool Amarilis	8:15 - 9:00 am Aqua Fitness Leisure Pool Anne	8:15 - 9:00 am Aqua Fitness (Shallow) Leisure Pool Megan D	8:05 – 8:50 am Aqua Fitness Leisure Pool Sarah	8:05 – 8:50 am Aqua Fitness Leisure Pool Kim
8:15 - 9:00 am Deep Water Run Leisure Pool Carole	—	8:15 - 9:00 am Deep Water Run Leisure Pool Anne	—	8:15 - 9:00 am Deep Water Run Leisure Pool Carole		
9:00 - 9:45 am Aqua Fitness Leisure Pool Carole	9:00 - 9:45 am Aqua Fitness Leisure Pool Carole	9:00 - 9:45 am Aqua Fitness Leisure Pool Amarilis	9:00 - 9:45 am Aqua Fitness Leisure Pool Carole	9:00 - 9:45 am Aqua Fitness Leisure Pool Amanda	Fitness classes are not offered on the following days: Monday October 8 Saturday December 15	
9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Deedee	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Amanda	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Anne	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Melissa	9:15 - 10:00 am Aqua Post Rehab Therapy Pool Anne	Please obtain an Aquafitness ticket at the reception desk to ensure space is available in the class you wish to attend.	
9:45 - 10:30 am Aqua Fitness Leisure Pool Anne	9:45 - 10:30 am Aqua Fitness Leisure Pool Caroline	9:45 - 10:30 am Aqua Fitness Leisure Pool Deedee	9:45 - 10:30 am Aqua Fitness Leisure Pool Sarah	9:45 - 10:30 am Aqua Fitness Leisure Pool Amanda	Everyone must shower before entering the pool. (Reg. 565.s.s15.) Register for one of our Specialty Programs Today!	
10:00 - 10:30 am Aqua Yoga Therapy Pool Carole	10:00 - 10:30 am Aqua Pilates Therapy Pool Carole	10:00 - 10:30 am Aqua Yoga Therapy Pool Anne	10:00 - 10:30 am Aqua Pilates Therapy Pool Carole	10:00 - 10:30 am Gentle Aqua Fit Therapy Pool Anne	SUP Yoga Yoga Foundations Tai Chi Country Heat Night Club Two Step West Coast Swing Zumba TIME Minds in Motion Baby & Me bootcamp Strollercize Baby and Me Aqua Fit	
10:30 - 11:00 am Gentle Aqua Fit Therapy Pool Amanda	10:30 – 11:00 am Gentle Aqua Fit Therapy Pool Amanda	10:30 - 11:00 am Aqua Post Rehab Therapy Pool Anne	10:30 – 11:00 am Gentle Aqua Fit Therapy Pool Anne	—	Please be aware the the Centre strives to be a fragrance-free facility. *Instructors are subject to change.	
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1:30 – 2:15 pm Aqua Fitness Leisure Pool Caroline	1:30– 2:15 pm Aqua Fitness Leisure Pool Caroline	1:30 – 2:15 pm Aqua Fitness Leisure Pool Amanda	1:30 – 2:15 pm Aqua Fitness Leisure Pool Amanda	1:30– 2:15 pm Aqua Fitness Leisure Pool Sarah		
2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Caroline	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Melissa	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Carole	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Melissa	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Sarah		
6:15 – 7:00 pm Aqua Zumba Leisure Pool Amarilis	6:15 – 7:00 pm Aqua Fitness Leisure Pool Greg	6:15 – 7:00 pm Aqua Fitness Leisure Pool Melissa	6:15 – 7:00 pm Aqua HIIT (Shallow) Leisure Pool Megan F	—	REVISED: September 26 2018	

Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:15 am Cycling Aerobic Studio Denis	—	6:30 – 7:15 am Cycling & Strech Aerobic Studio Anne	—	6:30 - 7:15 am Cycling Aerobic Studio Denis	8:00 - 9:00 am Cycling Aerobic Studio Denis/Becky	—
9:15 – 10:15 am Low & Sculpt Gym C Amanda	9:15 – 10:15 am Stretch & Strength Gym C Sarah	9:15 – 10:15 am Low & Sculpt Gym C Caroline	9:15 – 10:15 am Stretch & Strength Gym C Caroline	9:15 – 10:15 am Low & Sculpt Gym C Sarah	9:15 – 10:15 am Core de Force Aerobic Studio Sarah	9:00 - 10:00 am Cardio Core Aerobic Studio Kim
9:30 – 10:45 am Hatha Yoga MPR B/C Donna	—	10:30 – 11:45 am Hatha Yoga MPR B/C Caroline	—	9:30 – 10:45 am Hatha Yoga Aerobic Studio Donna	10:30 – 11:45 am Yoga Aerobic Studio Janette/Donna	—
—	10:45 – 11:45 am Pilates Aerobic Studio Janice	—	10:30 – 11:30 am Pilatycore Aerobic Studio Caroline	11 am– 12 pm Sit and Be Fit Aerobic Studio Amanda	<p>Child Minding Service Age: 6 weeks to 12 years</p> <p>Fall Hours (Sep 4 to Dec 30)</p> <p>Monday to Friday 8:30 am – 1:00 pm</p> <p>Monday to Friday 4:00 – 7:30 pm</p> <p>Saturday & Sunday 9:00 am – 12:30 pm</p> <p>Hours subject to change.</p> <p>Fee Included in one-year family, child, and one-adult family memberships. Members may also purchase a one-month unlimited use pass for \$25.00.</p> <p>\$5 / visit / child for other membership types \$7 / visit / child for non-members</p> <p>Maximum two hour stay per visit.</p> <p>Closed on posted holidays. Holiday service options available Sep 3, Oct 7 & Oct 8 from 9:00 am to 12:00 pm.</p> <p>For a complete list of Centre policies, please see our website, or Reception Desk for print version.</p>	
12:10 – 12:55 pm HIIT Aerobic Studio Caroline	12:10 – 12:55 pm Bars, Balls & Bands Aerobic Studio Debbie	12:10 – 12:55 pm TBC Aerobic Studio Caroline	12:10 – 12:55 pm Bars, Balls & Bands Aerobic Studio Ryan	12:10 – 12:55 pm Core De Force Aerobic Studio Sarah		
—	1:30- 2:00 pm Osteo Fit Aerobic Studio Melissa	—	1:30 – 2:00 pm Osteo Fit Aerobic Studio Melissa	—		
4:30 – 5:25 pm 20/20/20 Aerobic Studio Melissa	4:30 – 5:25 pm Step & Sculpt Aerobic Studio Stacy	—	—	4:30– 5:15 pm HIIT Aerobic Studio Ryan		
5:30 – 6:15 pm Cycling Aerobic Studio Deedee	5:30 – 6:25 pm TBC Aerobic Studio Stacy	5:30 – 6:15 pm Cycling Aerobic Studio Denis/Becky	5:30 – 6:25 pm Power Pilates Aerobic Studio Janice	—		
6:00 – 6:55 pm Bootcamp Gym A Ryan	6:00 – 6:55 pm Bootcamp Gym A Ray	6:00 – 6:55 pm Bootcamp Gym A Ryan	6:00 – 6:55 pm Bootcamp Gym A Ray	—		
6:30 – 7:15 pm Cardio Core Aerobic Studio Deedee	6:35 – 7:50 pm Hatha Yoga Aerobic Studio Stacy	7:00 – 7:55 pm Cardio Core Aerobic Studio Caroline	6:35 – 7:50 pm Hatha Yoga Aerobic Studio Caroline	—		