

January 7 - March 31

Aqua Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
8:15 - 9:00 am Aqua Fitness (Shallow) Leisure Pool Amarilis	—	8:15 - 9:00 am Aqua Fitness (Shallow) Leisure Pool Amarilis	—	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 Anne				
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 Amarilis	9:00 - 9:45 am Aqua Fitness Leisure Pool Carole	9:00 - 9:45 am Aqua Fitness Leisure Pool Amanda	<p>Fitness classes are not offered on the following: Monday February 18</p> <p>No Aqua fitness on Saturday March 30 due to staff training.</p> <p>Spring Aquatic Shutdown April 1 – 7</p> <p>Please obtain an Aquafitness ticket at the reception desk to ensure space is available in the class you wish to attend.</p> <p>Everyone must shower before entering the pool. (Reg. 565.s.s15.)</p> <p>Sign up for one of our Specialty Programs Today!</p> <p>SUP Yoga Yoga Foundations Tai Chi Country Heat Night Club Two Step West Coast Swing Salsa Zumba TIME</p> <p>Baby & Me bootcamp Strollercize Baby and Me Aqua Fit</p> <p>Please be aware the the Centre strives to be a fragrance-free facility.</p> <p>*Instructors are subject to change.</p> <p style="text-align: center;">REVISED:</p>			
9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Melissa	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 Deedee	9:15 - 10:00 am Aqua Post Rehab Therapy Pool Anne				
9:45 - 10:30 am Aqua Fitness Leisure Pool Deedee	9:45 - 10:30 am Aqua Fitness Leisure Pool Teri	9:45 - 10:30 am Aqua Fitness Leisure Pool Sarah	9:45 - 10:30 am Aqua Fitness Leisure Pool Sarah	9:45 - 10:30 am Aqua Fitness Leisure Pool Amanda				
10:00 - 10:30 am Aqua Yoga Therapy Pool Melissa	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				
10:30 - 11:00 am Gentle Aqua Fit Therapy Pool Caroline	10:30 – 11:00 am Gentle Aqua Fit Therapy Pool Amanda	10:30 - 11:00 am Gentle Aqua Fit Therapy Pool Sarah	10:30 – 11:00 am Aqua Post Rehab Therapy Pool Anne	—				
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	—				
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 Amanda	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Melissa	—				
—	6:15 – 7:00 pm Aqua Fitness Leisure Pool Teri	—	6:15 – 7:00 pm Aqua HIIT (Shallow) Leisure Pool Amarilis	—				
8:00 - 8:45 pm Aqua Zumba Leisure Pool Amarilis	—	—	—	—				

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 Caroline	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 Megan	9:15 – 10:15 am Low & Sculpt Gym C Sarah	9:15 – 10:15 am Bootcamp 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 & Be Fit Aerobic Studio Amanda	<p>Child Minding Service Age: 6 weeks to 12 years</p> <p>Winter Hours 2019 (January 2 – April 7)</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>Fees Included in family, child, and one-adult family memberships. Members may also purchase a one-month unlimited use pass for \$25.00.</p> <p>\$7 / visit / child for other membership types \$9 / visit / child for non-members</p> <p>Maximum two-hour stay per visit.</p> <p>Closed on posted holidays.</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 Sarah	12:10 – 12:55 pm Total Body Conditioning Aerobic Studio Caroline	12:10 – 12:55 pm Bars, Balls & Bands Aerobic Studio Ryan	12:10 – 12:55 pm Bars, Balls & Bands 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 – 5:15 pm 20/20/20 Aerobic Studio Greg	5:00 - 5:55 pm Cardio Sculpt Aerobic Studio Miryam	—	4:30 – 5:15 pm Total Body Conditioning Aerobic Studio Greg	4:30– 5:15 pm HIIT Aerobic Studio Ryan		
5:30 – 6:15 pm Cycling Aerobic Studio Deedee	6:00 – 6:30 pm Arms & Abs Aerobic Studio Miryam	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 Debbie	6:00 – 6:55 pm Cardio Kickboxing Gym A Ray	6:00 – 6:55 pm Bootcamp Gym A Ray	—		
6:30 – 7:00 pm Cardio Core Aerobic Studio Deedee	6:35 – 7:50 pm Hatha Yoga Aerobic Studio Jodie	7:00 – 7:55 pm Cardio Core Aerobic Studio Caroline	6:35 – 7:50 pm Hatha Yoga Aerobic Studio Caroline	—		