

# Aqua Fitness

## H2O Adventure + Fitness Centre

(No classes April 6, 7, 8 & 9)

Please note the schedule will change during spring break

MON	TUE	WED	THU	FRI	SAT
6:00 - 7:00 <b>Adult Streamliners</b> (50m)		6:00 - 7:00 <b>Adult Streamliners</b> (50m)			6:00 - 7:00 <b>Adult Streamliners</b> (50m)
9:00 - 9:55 <b>Shallow Aqua</b>	9:00 - 9:55 <b>Deepwater Aquafit</b>	9:00 - 9:55 <b>Shallow Aqua</b>	9:00 - 9:55 <b>Deepwater Aquafit</b>	9:00 - 9:55 <b>Shallow Aqua</b>	7:30 - 8:25 <b>Aqua Combo</b> (wave pool)
10:00 - 10:55 <b>Deepwater Aquafit</b>	10:00 - 10:55 <b>Aqua ZUMBA®</b>	10:00 - 10:55 <b>Deepwater Aquafit</b>	10:00 - 10:55 <b>Aqua ZUMBA®</b>	9:00 - 10:00 <b>Aqua Therapy</b> (wave pool river area)	
10:00 - 10:55 <b>Aqua Yoga</b>	10:00 - 11:00 <b>Aqua Therapy</b> (wave pool)		10:00 - 11:00 <b>Aqua Therapy</b> (wave pool)	10:00 - 10:55 <b>Deep Water</b>	
7:00 - 7:55 <b>Deepwater Aquafit</b>	7:00 - 7:55 <b>Aqua Bootcamp</b>	7:00 - 7:55 <b>Deepwater Aquafit</b>	7:00 - 7:55 <b>Aqua ZUMBA®</b>		
7:00 - 8:00 <b>Youth Streamliners</b>		7:00 - 8:00 <b>Youth Streamliners</b>			
	8:00 - 9:00 <b>Adult Streamliners</b> (25m)		8:00 - 9:00 <b>Adult Streamliners</b> (25m)		
	8:30 - 9:00 <b>Adult Beginner Swim Lessons</b>	8:30 - 9:30 <b>Water Polo</b>	8:30 - 9:00 <b>Adult Beginner Swim Lessons</b>		
	8:00 - 9:30 <b>Flow Rider® Beginner Lessons</b> (boggie board/ novice standing)		8:00 - 9:30 <b>Flow Rider® Intermediate/ Advance Lessons</b> (stand-up only)		Updated as of 11Jan12