

Aqua Fitness Drop-In Schedule

Fall 2024



Aqua Fitness Drop-in Classes will continue to be available for pre-registration.

Reservations are not required for participation to Aqua fitness classes, however, it is **strongly recommended** that participants register online in advance as all classes are first-come, first-served. Walk-in's are available where space permits.

Andrin Lakeview Aquatic Centre (Magna Centre)

Effective November 18, 2024. Subject to change at any time

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Aqua Fit Combo (Med Intensity)	11 to 11:45 a.m. Jeries		9 to 9:45 a.m. Gwynne	10 to 10:45 a.m. Carolyn	10 to 10:45 a.m. Gwynne	8:45 to 9:30 a.m.** Gwynne
Bootcamp (High Intensity)	10 to 10:45 a.m. Karen		11 to 11:45 a.m. Karen		11 to 11:45 a.m. Gwynne	
Diaper Fit (Med Intensity)				11 to 11:45 a.m. Karen		
Fit Forever (Low Intensity)		9 to 9:45 a.m. Andrea	10 to 10:45 a.m. Karen	11 to 11:45 a.m. Jeries		
Hydro Power (Med-High Intensity)	9 to 9:45 a.m. Karen	11 to 11:45 a.m. Gwynne		9 to 9:45 a.m. Carolyn		
Aqua Zumba (Med-High Intensity)		8:15 to 9 p.m.** Megan I.		8:15 to 9 p.m.** Megan I.		
Aqua Leisure		10 to 10:45 a.m.			9 to 9:45 a.m.	

Ray Twinney Recreation Complex

	Monday	Tuesday	Wednesday	Thursday	Friday	PLEASE NOTE
Aqua Fit Combo (Med Intensity)	11 to 11:45 a.m. Gwynne	9 to 9:45 a.m. Karen		9 to 9:45 a.m. Jeries		<p>Aqua Fitness takes place in Lanes 1-4</p> <p>**Pool space shared with other programming.</p> <p>Pool amenities such as the learning pool, swirl pool, and waterslide will be available where staffing permits and may be closed with little to no notice.</p> <p>Programs may be shortened or temporarily cancelled with little to no notice.</p> <p>Programs may be offered at limited capacity.</p>
Hydro Power (Med/High Intensity)	9 to 9:45 a.m. Carolyn	10 to 10:45 a.m. Karen				
Fit Forever (Low Intensity)			10:30 to 11:15 a.m. Jeries	10 to 10:45 a.m. Gwynne		
H2O Repair (Low Intensity)	11:50 a.m. to 12:20 p.m. Gwynne			10:50 to 11:20 a.m. Gwynne 11:25 to 11:55 a.m. Gwynne		
Aqua Yoga (Low Intensity)		11 to 11:45 a.m. Mahsa		11 to 11:45 a.m. Mahsa		
Aqua Leisure	10 to 10:45 a.m. & 5 to 5:45 p.m.** (Deep Well)	6 to 6:45 a.m.** (Deep Well)	9 to 9:45 a.m.	6 to 6:45 a.m.** (Deep Well)	9 to 9:45 a.m.	

Aqua Fitness Class Descriptions

Aqua Bootcamp

Focus is on a cardio challenge, core strength and improving muscle tone from tops to toes! This aqua workout provides a low impact but a high energy challenge for participants of all ages, skills and fitness levels.

Aquafit Combo

An "all exercise workout to music, participants will move through combinations of a total body workout as you move through all depths of the pool.

Aqua Leisure

No instructor? No problem. This is a dedicated pool time for individuals 13 years of age & older to continue to work on their Aqua Fitness exercises at their own pace & intensity. No instructor will be present to teach a class.

Aqua Yoga

This class is designed to relax, stretch and calm. Move through various yoga poses that increase flexibility. All poses will be adapted for the water.

Aqua Zumba®

A 'pool party' workout for all ages! An effective and challenging workout that integrates the Latin flair of Zumba® in the water! Get ready to move and feel this class with the resistance of dancing in the water.

Diaper Fit

An Aquafit program designed for parents and babies to enjoy the calming effects of the water together! For babies under the age of 3, flotation boats are offered to keep the baby afloat while the parents can participate in the shallow water workout. Babies must be able to sit upright unassisted.

Fit Forever

Geared to 55 years old and up, you can expect to leave this class feeling great! With fitness-level focused choreography and intensity that can be modified, you can expect to be using the shallow and deep ends of the pool.

Hydro Power

This invigorating class improves cardio conditioning, muscular strength and endurance using buoyancy and resistance of water. It removes the impact of high-intensity land workouts while still working the body and getting results!

H2O Repair

This 30-minute gentle stretching and strengthening class takes place in the swirl pool. This class will ease your joints, muscles and help with injury recovery.