



Our dynamic fall aquafit program is open to both members and non-members. All classes in the 12-week program are open to all ages and are available on a drop in, first-come, first-served basis. FREE for members. Non-members can purchase a pass which provides access to all classes for only \$75!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	10am-11am <b>Aquafit</b> Jordyn	9am-10am <b>Aquafit</b> Alana	10:30am-11:30am <b>Aquafit</b> Lesley	9am-10am <b>Deep Water Aquafit</b> Patrick	10am-11 am <b>Aquafit</b> Lesley		
<b>Afternoon</b>			1:30pm-2:30pm <b>Aqua Zumba</b> Laura J		1:30pm-2:30pm <b>Aquafit</b> Alyssa		
<b>Evening</b>	8pm-8:45pm <b>Aquafit</b> Alyssa		7:45pm-8:30pm <b>Aquafit</b> Jordyn				

### **Aquafit**

*A great workout in the water for all fitness levels. Your instructor will offer modifications to increase or decrease the difficulty of the moves, and you're always free to go at your own pace.*

### **Aqua Zumba**

*This class combines the benefits of an aquafit class with the fun and energy of a zumba class. Get a fun and beneficial work out performing Zumba specific dance moves in the water while listening to the upbeat and inspiration Latin inspired music.*

### **Deep Water Aquafit (with shallow water option)**

*This low-impact class is held in the deep end of the pool. Participants use a variety of buoyancy devices to help strengthen core muscles and bring temporary relief from muscular and joint pain.*