



## Aqua Fit Schedule

Aqua Schedule							effective February 8, 2010
Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00am		Shallow		Deep	Shallow (25m)		
7:10am		Deep		Deep		Deep	
8:10am	Deep	Shallow	Deep	Shallow	Deep	Deep	
9:10am	Shallow		Shallow		Shallow	Shallow	Shallow
1:45pm Fit Beyond 50	Arthritis Session		Arthritis Session		Arthritis Session		
6:00pm	Shallow		Shallow				
Ante Natal		11:00am 50m Pool		5:30pm Program Pool			

**Please Note:** Classes have number restrictions due to safety considerations, space and equipment limitations. Therefore classes are limited to **25 participants** for AquaFit and 20 for AquaDeep. Please allow yourself adequate time prior to class commencing to obtain an Entry Card from reception, sign the Attendance Sheet and organise your equipment for class. Latecomers will not be permitted to the class once it is in progress. All Aqua classes are 50 minutes duration with the exception of Antenatal Classes.

**Shallow:** This class is conducted in chest deep water. Most of the exercises are performed with feet touching the bottom of the pool.

**Deep:** This class is conducted in deep water. Exercises are suspended. Buoyancy Belts are available.

**Fit Beyond 50:** Gentle aquatic exercise to help ease joint pain and improve mobility.





## Group Fitness Schedule

Fitness Schedule					effective February 8, 2010		
Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:00am			Fit Beyond 50 Fitball				
8:00am		Fitball				Fitball 8:30am	
9:15am	Cardio Sculpt	Power Pump		Fitball	Power Pump		
10:15am	Yoga				Yoga Ball (60 mins)		Yoga 10:00am
11:15am					Pregnancy Yoga		
1:30pm		Fit Beyond 50 Ezy Moves					
6:00pm	Circuit	Strength & Stability					
7:00pm		Yoga	Power Pump	Yoga			

- Fitball:** Develop overall strength and enhance your balance using a fitball.
- Circuit:** Moving from station to station, this class is designed to challenge all components of fitness. This class is occasionally conducted outdoors.
- Cardio Sculpt:** Sculpt your body in a combination cardio and muscular endurance work out using dumb bells and your own body's resistance.
- Power Pump:** A weight training class with emphasis on proper technique and form. Develop a strong and lean body using easily adjustable barbells.
- Strength & Stability:** Build your body's core strength and improve your posture by using your body's resistance.
- Yoga:** Hatha Yoga style to improve flexibility, tone muscles and relax the mind and body through various poses and breathing techniques. It is recommended you bring a blanket with you.
- Yoga Ball:** Incorporates yoga and pilates moves on the fitball to challenge core strength and overall flexibility.
- Fit Beyond 50:** Classes designed to meet the fitness needs of the 55+ market.
- Pregnancy Yoga:** Alleviate pregnancy aches and pains; improve health, posture and fitness. Prepare your body for a better, empowering birth.

