










Minoru Centre for Active Living & Watermania Drop-In Aquafit Class Schedule

SPRING 2023 – EFFECTIVE APRIL 3

Aquafit schedules and instructors subject to change. Classes are cancelled on statutory holidays. Floatation belts are provided for all deep water classes.

MINORU CENTRE FOR ACTIVE LIVING						
SUN	MON	TUE	WED	THU	FRI	SAT
 Power Water Shallow 8:15–9:00am			 Rise and Shine Shallow 7:00–7:45am		 Power Water Shallow 8:00–8:45am	 Aqua Conditioning Deep 8:15–9:00am
	 Aqua Conditioning Deep 9:15–10:00am	 Power Water Shallow 9:15–10:00am	 Aqua Conditioning Deep 9:15–10:00am	 Power Water Shallow 9:15–10:00am		
	 Seniors Splash Shallow 1:15–2:00pm		 Seniors Splash Shallow 1:15–2:00pm		 Seniors Splash Shallow 1:15–2:00pm	
	 Power Water Shallow 6:15–7:00pm	 Power Water Shallow 6:15–7:00pm	 Power Water Shallow 6:15–7:00pm	 Power Water Shallow 6:15–7:00pm		

WATERMANIA				
MON	TUE	WED	THU	FRI
				 Power Water Shallow 7:45–8:30am
 Aqua Conditioning Deep 9:00–9:45am		 Aqua Conditioning Deep 9:00–9:45am	 Power Water Shallow 9:00–9:45am	 Aqua Conditioning Deep 9:00–9:45am
	 Yoga 9:00–10:00am			

 Moderate Intensity |  Low Intensity

Aquafit Descriptions, Etiquette, Memberships & Drop-In Fees

AQUAFIT CLASS DESCRIPTIONS

AQUA CONDITIONING DEEP ■

Strengthen deep muscles of the core for a combined cardio and muscle conditioning workout.

POWER WATER SHALLOW ■

Build stamina and strength in this heart-pumping mix of low impact and power moves. Enjoy a full body workout complete with cardio and strength training.

RISE AND SHINE SHALLOW ●

Start the morning off right in this invigorating and fun total body workout.

SENIORS SPLASH SHALLOW ●

Ease aching joints and add strength, balance and power to everyday movements. Enjoy a mix of cardio, strength, balance and flexibility for a well-rounded workout with less impact.

YOGA ●

Lengthen, breathe and relieve stress while balancing the body with gentle yoga poses.

AQUAFIT ETIQUETTE

Keep workouts fun and safe for all with these guidelines:

- Be respectful to all staff and fellow participants during group workouts in the shared aquatic space.
- Arrive on time to class; latecomers are not permitted 5 minutes after start time.
- Use lockers for personal belongings and store all equipment in a safe area to the side.
- Participate in the warm up, cool down and stretch to help prevent injury. Each component of the class is equally important.
- Listen to your body and work at your own pace. Ask for help if needed.
- Keep hydrated! Drink water before, during and after the class.
- If you are new to the class, arrive early and introduce yourself to the instructor. Review the [PAR-Q+ Form](#) annually to ensure you are ready to begin exercise.

AQUATIC AND FITNESS MEMBERSHIPS AND VISIT CARDS

Memberships and Visit Cards are valid for use of the fitness centre, pools and Aquafit classes. Fees subject to change.

1 Month Membership

Youth (13–18 yrs)/Senior (55+ yrs)	\$61
Adult (19–54 yrs)	\$75

Monthly Continuous Membership

Youth (13–18 yrs)/Senior (55+ yrs)	\$40
Adult (19–54 yrs)	\$49

Drop-In

Youth (13–18 yrs)/Senior (55+ yrs)	\$6.20
Adult (19–54 yrs)	\$7.65

1 Year Membership

Youth (13–18 yrs)/Senior (55+ yrs)	\$446
Adult (19–54 yrs)	\$550

10 Visit Card

Youth (13–18 yrs)/Senior (55+ yrs)	\$49.60
Adult (19–54 yrs)	\$61.10

Valid Community Centre Membership

Add-on Fee	\$4.70
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