

# Drop-in Aquafit Class Schedule

SPRING 2022

## NEW DROP-IN PROCESS FOR ALL MINORU CENTRE FOR ACTIVE LIVING AQUAFIT CLASSES

Wristbands for Aquafit classes at Minoru Centre for Active Living will be available for pick up on the pool deck one hour prior to the class start time.

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						
MON	TUE	WED	THU	FRI	SAT	SUN
		Rise & Shine Shallow ● 7:00–7:45am		Rise & Shine Shallow ● 7:00–7:45am	Aqua Conditioning Deep ■ 8:15–9:00am	Power Water Shallow ■ 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	Aqua Conditioning Deep ■ 9:15–10:00am		
Seniors Splash Shallow ● 1:30–2:15pm		Seniors Splash Shallow ● 1:30–2:15pm		Seniors Splash Shallow ● 1:30–2:15pm		
Aqua-Dance 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		Power Water Shallow ■ 7:45–8:30am
Aqua Conditioning Deep ■ 9:00–9:45am	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

■ Moderate Intensity

● Low Intensity

# Aquafit Descriptions, Etiquette, Passes & Admission Fees

## AQUAFIT CLASS DESCRIPTIONS

### AQUA CONDITIONING DEEP ■

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

### AQUA-DANCE SHALLOW ■

Move to upbeat music in this easy-to-follow class that mixes dancing and traditional water moves for a fun cardiovascular workout.

### RISE & 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.

### 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.

## 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 & FITNESS MEMBERSHIP, PASSES & VISIT CARDS

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

### One Month Pass

Youth (13–18 yrs)/Senior (55+ yrs)	\$60
Adult (19–54 yrs)	\$73

### Monthly Continuous Membership

Youth (13–18 yrs)/Senior (55+ yrs)	\$39
Adult (19–54 yrs)	\$48

### Drop-In

Youth (13–18 yrs)/Senior (55+ yrs)	\$6.05
Adult (19–54 yrs)	\$7.45

### One Year Pass

Youth (13–18 yrs)/Senior (55+ yrs)	\$435
Adult (19–54 yrs)	\$535

### 10 Visit Card

Youth (13–18 yrs)/Senior (55+ yrs)	\$48.40
Adult (19–54 yrs)	\$59.40

### Valid Community Centre Pass

Add-on Fee	\$4.60
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