

Drop-in Aquafit Class Schedule

SUMMER 2022 – EFFECTIVE JULY 2, 2022

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 & Shine Shallow 7:00–7:45am		● Rise & Shine Shallow 7:00–7:45am	■ Aqua Conditioning Deep 8:15–9:00am
	■ Aqua Conditioning Deep 9:15–10:00am	■ Power Water Shallow 9:15–10:00am		■ Power Water Shallow 9:15–10:00am	■ Aqua Conditioning Deep 9:15–10:00am	
			● Seniors Splash Shallow 1:15–2:00pm		● Seniors Splash Shallow 12:30–1:15pm	
	■ 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		One Year Pass	
Youth (13–18 yrs)/Senior (55+ yrs)	\$60	Youth (13–18 yrs)/Senior (55+ yrs)	\$435
Adult (19–54 yrs)	\$73	Adult (19–54 yrs)	\$535
Monthly Continuous Membership		10 Visit Card	
Youth (13–18 yrs)/Senior (55+ yrs)	\$39	Youth (13–18 yrs)/Senior (55+ yrs)	\$48.40
Adult (19–54 yrs)	\$48	Adult (19–54 yrs)	\$59.40
Drop-In		Valid Community Centre Pass	
Youth (13–18 yrs)/Senior (55+ yrs)	\$6.05	Add-on Fee	\$4.60
Adult (19–54 yrs)	\$7.45		