

# Programs

## Spring Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Deep H2O Bootcamp</b> Main Pool 6:15-7:15am	<b>SwimFit</b> Main Pool 6:15-7:15am	<b>Deep H2O Bootcamp</b> Main Pool 6:15-7:15am	<b>SwimFit</b> Main Pool 6:15-7:15am			
<b>Get Fit with Mommy</b> Main Pool 9:30-10:00am	<b>Osteofit</b> Registration only Fitness Room 11:00am-12:00pm		<b>Osteofit</b> Registration only Fitness Room 11:00am-12:00pm		<b>Body Fusion</b> Fitness Room 10:00-11:00am	<b>Deep Water Run</b> Main Pool 11:15am-noon
<b>Nooner</b> Main Pool 12:10-12:50pm	<b>Fit For Life</b> Fitness Room 5:15-6:15pm	<b>Nooner</b> Main Pool 12:10-12:50pm	<b>Fit For Life</b> Fitness Room 5:15-6:15pm	<b>Nooner</b> Main Pool 12:10-12:50pm	<b>Kimberly's Yoga Workshops</b> Fitness Room 1:00-2:30pm	
<b>Aqua Fusion</b> Main Pool 6:00-7:00pm	<b>SwimFit</b> Main Pool 6:00-7:00pm	<b>Aqua Fusion</b> Main Pool 6:00-7:00pm	<b>SwimFit</b> Main Pool 6:00-7:00pm			
<b>Bootcamp</b> Fitness Room 6:00-7:00pm	<b>Interactive Bootcamp</b> Fitness Room 6:30-7:30pm	<b>HITT &amp; Core Conditioning</b> Fitness Room 6:00-7:00pm	<b>Rock Body Bootcamp</b> Fitness Room 6:30-7:30pm			
	<b>Zumba</b> Community Hall 6:30-7:30pm					
<b>Flow Yoga</b> Fitness Room 7:15-8:30pm	<b>Shallow H2O HIITS &amp; Strength</b> Main Pool 7:15-8:15pm		<b>Shallow H2O HIITS &amp; Strength</b> Main Pool 7:15-8:15pm	<b>Basic Flow Yoga</b> Fitness Room 7:00-8:00pm		

### NEW!

**Drop in payments: pay at Customer Service**  
**Drop In Punch Passes available at Customer Service**

### Drop-In Rates

60 min class	\$10
75 min class	\$12
Seniors (60+)	\$3

Note: We need a minimum of 5 registrants (not including drop ins) for a fitness class to run. Classes will have to be cancelled if the minimum registration is not met prior to the first class. Thank you for your understanding.

**Fitness Class Details: See pages 16-17 for dates, descriptions and costs of each registered class.**

# Programs

## Summer Group Aquatic Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Deep H2O Bootcamp</b> Main Pool 6:15-7:15am	<b>SwimFit</b> <i>See page 9</i> Main Pool 6:15-7:15am	<b>Deep H2O Bootcamp</b> Main Pool 6:15-7:15am	<b>SwimFit</b> <i>See page 9</i> Main Pool 6:15-7:15am	
<b>Get Fit with Mommy</b> Main Pool 9:30-10:00am	<b>Get Fit with Mommy</b> Main Pool 9:30-10:00am	<b>Get Fit with Mommy</b> Main Pool 9:30-10:00am	<b>Get Fit with Mommy</b> Main Pool 9:30-10:00am	<b>Get Fit with Mommy</b> Main Pool 9:30-10:00am
<b>Aqua Fusion</b> Main Pool 6:00-7:00pm	<b>SwimFit</b> <i>See page 9</i> Main Pool 6:00-7:00pm	<b>Aqua Fusion</b> Main Pool 6:00-7:00pm	<b>SwimFit</b> <i>See page 9</i> Main Pool 6:00-7:00pm	
	<b>Shallow H2O HIITS &amp; Strength</b> Main Pool 7:15-8:15pm		<b>Shallow H2O HIITS &amp; Strength</b> Main Pool 7:15-8:15pm	



### Registered Fitness Class Discounts

Early bird registration (March 13-19, 2018)	5% off total cost
Register for 2 classes (in one session, for 1 person)	10% off total cost
Register for 3 classes (in one session, for 1 person)	15% off total cost
Registered Class Seniors Discount	\$2 per class

**Please note:** At this time early bird, Multi-class, and LAP discounts cannot be applied via online registration. Patrons must register in person or by phone to receive these discounts.

**Fitness Class Details:** See next two page for dates, descriptions and costs of each registered class.

# Programs

## Group Fitness Details

### Group Fitness Class Descriptions (ages 15 years & up)

See Pages 14-15 for Fitness Calendar and drop in prices

**7 Week Shred with Jamie:** This popular Spring program is back! Join Jamie for 7 weeks of exercise classes, with access to 3 classes per week, including Interactive Bootcamp Tuesdays and Thursdays, and Body Fusion on Saturdays. Bonus: 7 Week Shred participants will receive weekly prizes, challenges, weighs in and measurements during the weekly Saturday 9:30-10:00am private class session. Only \$175 April 3-May 17 *For Spring Only!*

**Aqua Fusion:** Anything goes in this moderate to high intensity hour. These sessions will include a combination of deep and shallow water fitness involving various formats of circuit training, cardiovascular fitness, toning and strengthening. A complete workout that really kicks butt! This class is appropriate for all ages and fitness levels.

Mondays PM, Ses. 1: April 9-May 14 = 6 classes \$48

Wednesdays PM, Ses. 1: April 11-May 16 = 6 classes \$48

Mondays PM, Ses. 2: July 9-July 30 = 4 classes \$32

Wednesdays PM, Ses. 2: July 4-Aug 1 = 5 classes \$40

Mondays PM, Ses. 3: Aug 13-Aug 27 = 3 classes \$24

Wednesdays PM, Ses. 3: Aug 8-Aug 29 = 4 classes \$32

**Basic Flow Yoga with Kimberly:** Looking for a simpler and slower class? You're in the right place! Basic Flow is a slower-paced vinyasa yoga class built on the foundations poses of yoga. Most classes begin with a slow warm-up, either seated or laying down, then build up into basic standing and/or balancing postures. Varying levels of poses will be given for different levels of yogis, including prenatal students. This class is beginner friendly, but please note that some poses will include weight-bearing on wrists or knees. Please check with your physician to ensure that yoga is suitable for you. Fridays, April 6- May 11 = 6 classes \$48

**Body Fusion with Jamie:** Maybe don't love cardio much? Then this class is for you! Centred around strength training everyone will be able to work at their own level to increase their personal bests. Together we can be healthy and strong, hope to see you all there!

Saturdays, April 7 - May 12 (10:00-11:00am), and Monday, May 14 (6:00-7:00pm) = 7 classes \$56

**NEW!**

**Bootcamp with Donia:** Are you looking for some serious fat burning? Whether you're looking for a great workout, a fast way to get in shape, or a new activity that takes you out of a gym, this supportive group training workout is for you. Be prepared to sweat & have fun in this program! So what are you waiting for? Get signed up!

Mondays, April 9 - 30 = 4 classes \$32

**Deep H<sub>2</sub>O Bootcamp:** A cardio, strength and stamina workout that will build your core and lung capacity. These sessions will push you towards your personal goals!

Mondays AM, Ses. 1: April 9-May 14 = 6 classes \$48

Wednesdays AM, Ses. 1: April 11-May 16 = 6 classes \$48

Mondays AM, Ses. 2: July 9-July 30 = 4 classes \$32

Wednesdays AM, Ses. 2: July 4-July 25 = 4 classes \$32

Mondays AM, Ses. 3: Aug 13-Aug 27 = 3 classes \$24

Wednesdays AM, Ses. 3: Aug 8-Aug 29 = 4 classes \$32

**Deep Water Run with Daniella:** Deep water running is an excellent choice for lower impact on the body; it allows toning, cardio and strength building without all the stress on bones, joints, tissues and ligaments. So without second thoughts dive right in with me!

Sundays, Session. 1: April 8-May 13 = 6 classes \$36

**NEW!**

**Fit For Life With Cathy** Want to boost muscle tone, strength and endurance but at the same time get into shape and feel healthier? Try this low impact strength training/cardio combination with Cathy. Designed for the older adult, but open for any age wanting to be fit and healthy! Also excellent for beginners.

Tuesdays, April 3 - May 15 (no class May 8) = 6 classes \$48

Thursdays, April 5 - May 17 (no class April 19) = 6 classes \$48

**Flow Yoga with Kimberly:** This is a moderate-paced Vinyasa flow class with a stronger focus on alignment for those looking to continue and enhance their practice through the connection of movement and breath. Each class is structured around a specific pose, type of poses, or alignment concept. Students are encouraged to have a basic yoga practice before entering this class, though beginners are welcome.  
Mondays, Session 1: April 9 - May 14 (no May 7)= 5 classes \$50

**Get Fit with Mommy:** This class includes fitness and fun for mom and baby! Foster your baby's natural love of water and ease your way back into fitness.  
Mondays, Session 1: April 9-May 14 = 6 classes \$30  
Tuesday-Friday Session 2: July 10-July 20 = 8 classes \$40  
Monday-Thursday Session 3: August 20-August 30 = 8 classes \$40 **NEW!**

**HITT & Core Conditioning with Donia:** High Intensity Interval Training has become a popular way to burn MORE fat, improve endurance & build strength. 20 min or less structured programs varying intervals, followed with core conditioning. Your intensity level is up to you!  
Wednesdays, April 4 - May 2 = 5 classes \$40 **NEW!**

**Interactive Bootcamp with Jamie:** The fun interactive workout that doesn't even seem like a workout. Join Jamie as she incorporates themes and games to create a fun atmosphere great for all fitness levels.  
Tuesdays, April 3 - May 15 = 7 classes \$56 **NEW!**

**Nooner with Kaeley:** No time or just too tired after work to get to the gym? Our lunchtime classes offer a quick full body workout in just 40 minutes!! Combining our strength and cardio allows us to shorten the time so that you can come join us for a fast workout and head back to work feeling great!! Classes will consist of a mix of deep and shallow water.  
Mondays, Session. 1: April 9-May 14 = 6 classes \$36  
Wednesdays, Session 1: April 11-May 15 = 6 classes \$36  
Fridays, Session 1: April 13-May 18 = 6 classes \$36

**Osteofit with Cathy:** Cathy will lead participants through Safe and Fun exercises designed to improve function, strength, balance, coordination, independence, and quality of life among people with osteoporosis, who are at risk for falls and fractures. In addition, people who have other medical conditions that increase their risk of falls and who would benefit from increased balance and muscle strength are encouraged to attend. A health screen questionnaire and medical clearance is required for registration. **CLASS IS REGISTRATION ONLY**  
Tuesdays, April 3 - May 15 (no class May 8) = 6 classes \$48  
Thursdays, April 5 - May 17 (no class April 19 & May 10) = 5 classes \$40

**Rock Body Bootcamp with Jamie:** Rock body bootcamp will be a friendly class with modifications for all fitness levels. Throughout our sessions we will do a variety of classes including circuits and Tabata. Hope to see you there!  
Thursdays, Session 1: April 5 - May 17= 7 classes \$56

**Shallow H<sub>2</sub>O HIITS & Strength with Lexi:** High Intensity Interval Training involving short bursts of high intensity exercise followed by brief low intensity activity, giving you a dynamic workout that helps kick start your metabolism! This class will be catered to all fitness levels and will include transitions between pool and deck activities.  
Tuesdays PM, Ses. 1: April 10-May 15 = 6 classes \$48      Thursdays PM, Ses. 1: April 12-May 17 = 6 classes \$48  
Tuesdays PM, Ses. 2: July 3-July 31 = 5 classes \$40      Thursdays PM, Ses. 2: July 5-Aug 2 = 5 classes \$40  
Tuesdays PM, Ses. 3: Aug 7-Aug 28= 4 classes \$32      Thursdays PM, Ses. 3: Aug 9-Aug 30 = 4 classes \$32

**Yoga Workshops with Kimberly:** These single class workshops are a great way to expand your yoga! Register for \$12 per class or drop in for \$15. A reminder that we need a minimum of 5 people registered to run.  
Saturday, April 14      Bend it Backwards: A Back Bending workshop      1:00-2:30pm  
Saturday, April 28      Invert Yourself: An Intro to Inversions Workshop      1:00-2:30pm  
Saturday, May 12      Fly High: Playing with Arm Balances Workshop      1:00-2:30pm

**Zumba With Kimberly** Join the dance party! Get your body moving and your heart beating with Zumba, a dance fitness class that is based on a mixture of international dance styles and a few fitness moves. Don't worry if you "can't dance" or have no rhythm, just follow along to the best you can to keep your body moving and having fun!  
Tuesdays, April 3 - May 15 (no May 8) = 6 classes \$48