

Sports Complex | Aquatic physical fitness schedule | Winter 2018

January 8, 2018 March 5, 2018	January 9, 2018 March 6, 2018	January 9, 2018 March 6, 2018	January 10, 2018 March 7, 2018	January 11, 2018 March 8, 2018	January 11, 2018 March 8, 2018	January 12, 2018 March 9, 2018	January 13, 2018 March 10, 2018
Monday 25 m pool	Tuesday 25 m pool	Tuesday Recreational pool	Wednesday 25 m pool	Thursday 25 m pool	Thursday Recreational pool	Friday 25 m pool	Saturday 25 m pool
9 to 10 a.m.	5 to 6 p.m.	6 to 7 p.m.	9 to 10 a.m.	5 to 6 p.m.	6 to 7 p.m.	9 to 10 a.m.	5:30 to 6:30 p.m.
Aqua spinning 1 Once a week	Advanced aquafitness 1 Twice a week	Aquafitness 1 Twice a week	Aqua spinning 4 Once a week	Advanced aquafitness 1 Twice a week	Aquafitness 1 Twice a week	Prenatal aqua 1 2 Once a week	Aqua yoga Once a week
10 to 11 a.m.	6 to 7 p.m.	7 to 8 p.m.	10 to 11 a.m.	6 to 7 p.m.	7 to 8 p.m.	10 to 11 a.m.	
Senior aqua 1 3 times a week	Aqua spinning 2 Once a week	Prenatal aqua 1 Twice a week	Senior Aqua 2 3 times a week	Aqua spinning 5 Once a week	Prenatal Aqua 1 Twice a week	Senior aqua 3 3 times a week	
11 a.m. to 12 p.m.	7 to 8 p.m.	8 to 9 p.m.	11 a.m. to 12 p.m.	7 to 8 p.m.	8 to 9 p.m.	11 a.m. to 12 p.m.	
Advanced aquafitness 2 3 times a week	Aqua spinning 3 Once a week	Aquafitness 2 Twice a week	Advanced aquafitness 2 3 times a week	Aqua spinning 6 Once a week	Aquafitness 2 Twice a week	Advanced aquafitness 2 3 times a week	
	8 to 9 p.m.			8 to 9 p.m.			
	Aqua jogging Once a week			Aquacardio Once a week			

Note: An aquafitness subscription offers access to all aquafitness classes, except for the specialty classes: senior aqua, aqua spinning, prenatal aqua, aqua yoga and aqua jogging.