

Aqua Fitness Schedule for Winter 2012

Parkinson Recreation Centre Effective January 3-March 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Aqua JOG 6:15-7:00am		Aqua JOG 6:15-7:00am	
Aqua SHALLOW 8:30-9:25am	ABsolute 8:00-8:45am	Aqua SHALLOW 8:30-9:25am	ABsolute 8:00-8:45am	Aqua SHALLOW 8:30-9:25am
	AQUA Deep 9:00-9:45am	Baby & Me Fit 10:00-10:30am	AQUA Deep 9:00-9:45am	
Aqua SHALLOW 11:00-11:55am	AQUA Lite 11:00-11:55am	Aqua SHALLOW 11:00-11:55am	AQUA Lite 11:00-11:55am	Aqua SHALLOW 11:00-11:55am
Aqua Arthritis 1:15-1:45pm	Aqua JOG 6:15-7:00pm	Stretch & Strength 1:15-2:00pm	ABsolute 6:15-7:00pm	Stretch & Strength 1:15-2:00pm

Drop in fees: 30 minutes \$5.25/45 minutes \$7.00/60 minutes \$8.00/Seniors 65 and older receive 25% off all Aqua Fitness fees

AQUATICS PROGRAMS

Aqua Fitness

Absolute Circuit Workout

A fast paced circuit-style class is sure to give you a great workout. Each water station will target specific muscle groups to strengthen and sculpt while alternating with high intensity deep water cardio moves. If you are looking for a challenge, this is it! Space is limited to 10, registration recommended. This is a challenging level class.

121352	Tu	8:00 AM-8:45 AM	Jan 3-31	Fee: \$21.35
121353	Th	8:00 AM-8:45 AM	Jan 5-Feb 2	Fee: \$21.35
121963	Th	6:15 PM-7:00 PM	Jan 5-Feb 2	Fee: \$21.35
121355	Tu	8:00 AM-8:45 AM	Feb 7-28	Fee: \$17.08
121356	Th	8:00 AM-8:45 AM	Feb 9-Mar 1	Fee: \$17.08
121964	Th	6:15 PM-7:00 PM	Feb 9-Mar 1	Fee: \$17.08
121358	Tu	8:00 AM-8:45 AM	Mar 6-27	Fee: \$17.08
121359	Th	8:00 AM-8:45 AM	Mar 8-29	Fee: \$17.08
121965	Th	6:15 PM-7:00 PM	Mar 8-29	Fee: \$17.08

Aqua JOG

These classes are perfect for the seasoned aquafitness participant or for the land runner who wants to receive all the benefits of running without the damage of impact. Increase your stability, endurance and strengthen your muscles and core in this moderate level class. This class takes place in deep water.

121570	Tu	6:15 AM-7:00 AM	Jan 3-31	Fee: \$21.35
121966	Tu	6:15 PM-7:00 PM	Jan 3-31	Fee: \$21.35
121572	Th	6:15 AM-7:00 AM	Jan 5-Feb 2	Fee: \$21.35
121573	Tu	6:15 AM-7:00 AM	Feb 7-28	Fee: \$17.08
121967	Tu	6:15 PM-7:00 PM	Feb 7-28	Fee: \$17.08
121575	Th	6:15 AM-7:00 AM	Feb 9-Mar 1	Fee: \$17.08
121576	Tu	6:15 AM-7:00 AM	Mar 6-27	Fee: \$17.08
121968	Tu	6:15 PM-7:00 PM	Mar 6-27	Fee: \$17.08
121578	Th	6:15 AM-7:00 AM	Mar 8-29	Fee: \$17.08

Aqua SHALLOW

This low impact, mid to high intensity workout will focus on improving cardiovascular and muscular endurance, flexibility and muscle tone. This is an advanced level class.

121248	M	8:30 AM-9:25 AM	Jan 9-30	Fee: \$21.32
121249	M	11:00 AM-11:55 AM	Jan 9-30	Fee: \$21.32
121250	W	8:30 AM-9:25 AM	Jan 4-Feb 1	Fee: \$26.65
121251	W	11:00 AM-11:30 AM	Jan 4-Feb 1	Fee: \$26.65
121252	F	8:30 AM-9:25 AM	Jan 6-Feb 3	Fee: \$26.65
121253	F	11:00 AM-11:55 AM	Jan 6-Feb 3	Fee: \$26.65
121254	M	8:30 AM-9:25 AM	Feb 6-27	Fee: \$21.32
121255	M	11:00 AM-11:55 AM	Feb 6-27	Fee: \$21.32
121256	W	8:30 AM-9:25 AM	Feb 8-29	Fee: \$21.32
121257	W	11:00 AM-11:55 AM	Feb 8-29	Fee: \$21.32
121258	F	8:30 AM-9:25 AM	Feb 10-Mar 2	Fee: \$21.32
121259	F	11:00 AM-11:55 AM	Feb 10-Mar 2	Fee: \$21.32
121260	M	8:30 AM-9:25 AM	Mar 5-26	Fee: \$21.32
121261	M	11:00 AM-11:55 AM	Mar 5-26	Fee: \$21.32
121262	W	8:30 AM-9:25 AM	Mar 7-28	Fee: \$21.32
121263	W	11:00 AM-11:55 AM	Mar 7-28	Fee: \$21.32
121264	F	8:30 AM-9:25 AM	Mar 9-30	Fee: \$21.32
121265	F	11:00 AM-11:55 AM	Mar 9-30	Fee: \$21.32



PRICES SUBJECT TO CHANGE

12 AQUATICS

Aqua Stretch & Strength

This is a mild pace, low impact class that takes place in shallow water. Exercises are geared towards improving balance, flexibility, range of motion and coordination. This class is ideal for beginner participants, individuals who are in, or just finishing a physiotherapy or rehabilitation program, or those with mobility conditions. This is a mild level class.

121580	W	1:15 PM-2:00 PM	Jan 4-Feb 1	Fee: \$21.35
121581	F	1:15 PM-2:00 PM	Jan 6-Feb 3	Fee: \$21.35
121583	W	1:15 PM-2:00 PM	Feb 8-29	Fee: \$17.08
121584	F	1:15 PM-2:00 PM	Feb 10-Mar 2	Fee: \$17.08
121586	W	1:15 PM-2:00 PM	Mar 7-28	Fee: \$17.08
121587	F	1:15 PM-2:00 PM	Mar 9-30	Fee: \$17.08

Aqua Arthritis

Aqua arthritis is a pool-based, recreational exercise program for people with arthritis. The buoyancy of the water can help decrease pain and/or stiffness and help maintain or improve joint flexibility. This class focuses on relieving stiffness, restoring or maintaining joint range of motion, muscle strength, improving posture and increasing endurance to perform daily tasks. Additional benefits of this class are improved coordination, balance and general well being. Classes are led by fitness professionals trained by the Arthritis Society. This pilot program is funded through a grant from the Interior Health Network.

122052	Mon	1:15pm-1:45pm	Jan 9-Jan 30
122054	Mon	1:15pm-1:45pm	Feb 6-Feb 27
122055	Mon	1:15pm-1:45pm	Mar 5-Mar 26

One on One Aqua fit Training

If you are looking for a change in your fitness routine or recovering from an injury, one on one training can be an asset to getting you on track. A CALA certified Post Rehabilitation Aquafitness Instructor will go over an initial assessment and create a program suited to your needs. Initial consult includes: 30 minute dry land assessment, 30 minute water assessment, program design and instruction of 30 minute water program. Fee is \$100.00. Additional follow up sessions can be booked upon request. For more information or to book an appointment call Tyler Stringer at 250 469 8840.

Aqua-DEEP

A high intensity, zero impact deep water workout. Exercises are specialized to raise cardio and endurance levels while improving strength, flexibility, and muscle tone. This is a challenging level class.

121588	Tu	9:00 AM-9:45 AM	Jan 3-31	Fee: \$21.35
121590	Th	9:00 AM-9:45 AM	Jan 5-Feb 2	Fee: \$21.35
121591	Tu	9:00 AM-9:45 AM	Feb 7-28	Fee: \$17.08
121592	Th	9:00 AM-9:45 AM	Feb 9-Mar 1	Fee: \$17.08
121593	Tu	9:00 AM-9:45 AM	Mar 6-27	Fee: \$17.08
121589	Th	9:00 AM-9:45 AM	Mar 8-29	Fee: \$17.08

Aqua-LITE

A low impact, moderate intensity workout. This class combines a variety of stationary and non-stationary exercises that will improve general fitness levels. This class takes place in shallow water. This is a moderate level class.

121594	Tu	11:00 AM-11:55 AM	Jan 3-31	Fee: \$26.65
121595	Th	11:00 AM-11:55 AM	Jan 5-Feb 2	Fee: \$26.65
121596	Tu	11:00 AM-11:55 AM	Feb 7-28	Fee: \$21.32
121597	Th	11:00 AM-11:55 AM	Feb 9-Mar 1	Fee: \$21.32
121598	Tu	11:00 AM-11:55 AM	Mar 6-27	Fee: \$21.32
121599	Th	11:00 AM-11:55 AM	Mar 8-29	Fee: \$21.32

Baby & Me FIT

(Parent + Child Age 6 months - 18 months) An interactive workout for parent and tot. Parents will stretch, strengthen, tone and benefit from a moderate intensity cardio workout while their little one enjoys the workout from her/his own floating boat, tethered to mom or dad. This is a great post-natal workout.

121600	W	10:00 AM-10:30 AM	Jan 4-Feb 1	Fee: \$16
121601	W	10:00 AM-10:30 AM	Feb 8-29	Fee: \$12.80
121602	W	10:00 AM-10:30 AM	Mar 7-28	Fee: \$12.80



FREE



NEW