

# Aquafit Programs

Parkinson Recreation Centre

Summer 2025



*Programs for 16 years and up*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aqua Jumpstart</b> 8:10 - 8:55 a.m. 33925 Jul 7 - 28 33926 Aug 11 - 25 ♥♥♥	<b>Aqua Suspend</b> 8:10 - 8:55 a.m. 33937 Jul 8 - 29 33938 Aug 5 - 26 ♥♥♥	<b>Aqua Jumpstart</b> 8:10 - 8:55 a.m. 33927 Jul 9 - 30 33928 Aug 6 - 27 ♥♥♥	<b>Aqua Suspend</b> 8:10 - 8:55 a.m. 33939 Jul 10 - 31 33940 Aug 7 - 28 ♥♥♥	<b>Aqua Combo</b> 8:10 - 8:55 a.m. 33923 Jul 11 - Aug 1 33924 Aug 8 - 29 ♥♥♥
<b>Aqua Move for your Health</b> 1:15 - 2 p.m. 33933 Jul 7 - 28 33934 Aug 11 - 25 ♥	<b>Aqua Motion</b> 1:15 - 2 p.m. 33929 Jul 8 - 29 33930 Aug 5 - 26 ♥♥	<b>Aqua Arthritis</b> 1:15 - 2 p.m. 33921 Jul 9 - 30 33922 Aug 6 - 27 ♥	<b>Aqua Motion</b> 1:15 - 2 p.m. 33931 Jul 10 - 31 33932 Aug 7 - 28 ♥♥	<b>Aqua Move for your Health</b> 1:15 - 2 p.m. 33935 Jul 11 - Aug 1 33936 Aug 8 - 29 ♥

Our Aquafit options vary in intensity! Use the guide below to understand how heart pumping your class will be:



gentle



moderate



high intensity

For your health and safety, and with respect to other participants, please be on time for class. It is unsafe to go into a class that has completed sufficient warmup.

Register for Aquafit starting Tues, June 3 at [kelowna.ca/recreation](https://kelowna.ca/recreation)