

December 15 – January 6

Aqua Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 - 9:00 am Aqua Fitness (Shallow) Leisure Pool Teri	8:15 - 9:00 am Aqua Fitness Leisure Pool Carole	8:15 - 9:00 am Aqua Fitness (Shallow) Leisure Pool Amarilis	8:15 - 9:00 am Aqua Fitness Leisure Pool Anne	8:15 - 9:00 am Aqua Fitness (Shallow) Leisure Pool Megan D	8:05 – 8:50 am Aqua Fitness Leisure Pool Sarah	8:05 – 8:50 am Aqua Fitness Leisure Pool Kim
8:15 - 9:00 am Deep Water Run Leisure Pool Carole	—	8:15 - 9:00 am Deep Water Run Leisure Pool Anne	—	8:15 - 9:00 am Deep Water Run Leisure Pool Carole		
9:00 - 9:45 am Aqua Fitness Leisure Pool Carole	9:00 - 9:45 am Aqua Fitness Leisure Pool Carole	9:00 - 9:45 am Aqua Fitness Leisure Pool Amarilis	9:00 - 9:45 am Aqua Fitness Leisure Pool Carole	9:00 - 9:45 am Aqua Fitness Leisure Pool Amanda	Fitness classes are not offered on the following days: December 24,25,26,31 January 1	
9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Teri	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Amanda	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Anne	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Teri	9:15 - 10:00 am Aqua Post Rehab Therapy Pool Anne	Please obtain an Aquafitness ticket at the reception desk to ensure space is available in the class you wish to attend.	
9:45 - 10:30 am Aqua Fitness Leisure Pool Anne	9:45 - 10:30 am Aqua Fitness Leisure Pool Teri	9:45 - 10:30 am Aqua Fitness Leisure Pool Teri	9:45 - 10:30 am Aqua Fitness Leisure Pool Sarah	9:45 - 10:30 am Aqua Fitness Leisure Pool Amanda	Everyone must shower before entering the pool. (Reg. 565.s.s15.)	
10:00 - 10:30 am Aqua Yoga Therapy Pool Carole	10:00 - 10:30 am Aqua Pilates Therapy Pool Carole	10:00 - 10:30 am Aqua Yoga Therapy Pool Anne	10:00 - 10:30 am Aqua Pilates Therapy Pool Carole	10:00 - 10:30 am Gentle Aqua Fit Therapy Pool Anne	Register for one of our Specialty Programs that start in January	
10:30 - 11:00 am Gentle Aqua Fit Therapy Pool Amanda	10:30 – 11:00 am Gentle Aqua Fit Therapy Pool Amanda	10:30 - 11:00 am Aqua Post Rehab Therapy Pool Anne	10:30 – 11:00 am Gentle Aqua Fit Therapy Pool Anne	—	SUP Yoga Yoga Foundations Tai Chi Country Heat Night Club Two Step West Coast Swing Zumba TIME Minds in Motion Baby & Me bootcamp Strollercize Baby and Me Aqua Fit	
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1:30 – 2:15 pm Aqua Fitness Leisure Pool Caroline	1:30– 2:15 pm Aqua Fitness Leisure Pool Caroline	1:30 – 2:15 pm Aqua Fitness Leisure Pool Amanda	1:30 – 2:15 pm Aqua Fitness Leisure Pool Amanda	1:30– 2:15 pm Aqua Fitness Leisure Pool Sarah	*Instructors are subject to change.	
2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Caroline	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Melissa	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Carole	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Teri	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Sarah		
6:15 – 7:00 pm Aqua Fitness Leisure Pool Amarilis	6:15 – 7:00 pm Aqua Fitness Leisure Pool Greg	6:15 – 7:00 pm Aqua Fitness Leisure Pool Megan H.	—	—	REVISED:	

Fitness

December 15– January 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:30 - 7:15 am Cycling Aerobic Studio Denis	—	—	—	6:30 - 7:15 am Cycling Aerobic Studio Denis	8:00 - 9:00 am Cycling Aerobic Studio Denis/Becky	—		
9:15 – 10:15 am Low & Sculpt Gym C Amanda	9:15 – 10:15 am Stretch & Strength Gym C Sarah	9:15 – 10:15 am Low & Sculpt Gym C Caroline	9:15 – 10:15 am Stretch & Strength Gym C Caroline	9:15 – 10:15 am Low & Sculpt Gym C Sarah	9:15 – 10:15 am TBC Aerobic Studio Sarah	9:00 - 10:00 am Cardio Core Aerobic Studio Kim		
9:30 – 10:45 am Hatha Yoga MPR B/C Donna	—	10:30 – 11:45 am Hatha Yoga MPR B/C Caroline	—	9:30 – 10:45 am Hatha Yoga Aerobic Studio Donna	10:30 – 11:45 am Hatha Yoga Aerobic Studio Janette/Donna	—		
—	—	—	—	—	<p>Child Minding Service</p> <p>Age: 6 weeks to 12 years</p> <p>Holiday Season Hours for Child Minding:</p> <p>December 15 -30</p> <p>Monday to Friday 9:00 am to 12:30 pm</p> <p>Monday to Thursday 4:15 to 7:15 pm</p> <p>Saturday & Sunday 9:00 am to 12:00 pm</p> <p>January 2, 3, 4</p> <p>9 am to 12 pm & 4:30 to 7 pm</p> <p>January 5 & 6</p> <p>9 am to 12:30 pm</p> <p>Closed December 24-26, & January 1</p> <p>Maximum two-hour stay per visit. Hours subject to change.</p>			
12:10 – 12:55 pm HIIT Aerobic Studio Caroline	12:10 – 12:55 pm Bars, Balls & Bands Aerobic Studio Debbie	12:10 – 12:55 pm TBC Aerobic Studio Caroline	12:10 – 12:55 pm Bars, Balls & Bands Aerobic Studio Ryan	—			—	—
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4:30 – 5:25 pm 20/20/20 Aerobic Studio Teri	4:30 – 5:25 pm Step & Sculpt Aerobic Studio Melissa	—	—	—			—	—
5:30 – 6:15 pm Cycling Aerobic Studio Debbie	5:30 – 6:25 pm TBC Aerobic Studio Debbie	5:30 – 6:15 pm Cycling Aerobic Studio Denis/Becky	—	—			—	—
6:00 – 6:55 pm Bootcamp Gym A Ryan	6:00 – 6:55 pm Bootcamp Gym A Ray	6:00 – 6:55 pm Bootcamp Gym A Ryan	—	—			—	—
6:30 – 7:15 pm Cardio Core Aerobic Studio Debbie	6:35 – 7:50 pm Hatha Yoga Aerobic Studio Donna	7:00 – 7:55 pm Cardio Core Aerobic Studio Caroline	6:35 – 7:50 pm Hatha Yoga Aerobic Studio Caroline	—			—	—