

July 2 – August 30

Aqua Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 – 8:00 am Combo Aqua Fit Leisure Pool Jenn	7:15 – 8:00 am Combo Aqua Fit Leisure Pool Carole	7:15 – 8:00 am Combo Aqua Fit Leisure Pool Anne	7:15 – 8:00 am Combo Aqua Fit Leisure Pool Jenn	7:15 – 8:00 am Combo Aqua Fit Leisure Pool Megan D	8:15 – 9:00 am Combo Aqua Fit Leisure Pool Ethan	8:15 – 9:00 am Combo Aqua Fit Leisure Pool Sarah
—	7:15 – 8:00 am Gentle Aqua Therapy Pool Ethan	—	7:15 – 8:00 Gentle Aqua Therapy Pool Melissa	—		
7:30 – 8:15 am Gentle Aqua Therapy Pool Anne	—	7:30 – 8:15 am Gentle Aqua Therapy Pool Melissa	—	7:30 – 8:15 am Gentle Aqua Therapy Pool Jenn	Fitness classes are not offered on the following days: Sunday July 1 Monday August 6	
8:00 – 8:45 am Aqua Fit Shallow Only Leisure Pool Greg	8:00 – 8:45 am Combo Aqua Fit Leisure Pool Carole	8:00 – 8:45 am Aqua Fit Shallow Only Leisure Pool Ethan	8:00 – 8:45 am Combo Aqua Fit Leisure Pool Jenn	8:00 – 8:45 am Aqua Fit Shallow Only Leisure Pool Megan D		
8:00 – 8:45 am Deep Water Run Leisure Pool Jenn	—	8:00 – 8:45 am Deep Water Run Leisure Pool Anne	—	8:00 – 8:45 am Deep Water Run Leisure Pool Sarah	Aquatic Shutdown August 31 – September 9	
8:15 – 9:00 am Aqua Yoga Therapy Pool Anne	—	8:15 – 9:00 am Aqua Yoga Therapy Pool Melissa	—	8:15 – 9:00 am Gentle Aqua Therapy Pool Jenn		
—	8:45 – 9:25 am Aqua Pilates Therapy Pool Carole	—	8:45 – 9:25 am Aqua Rehab Therapy Pool Anne	—	Everyone must shower before entering the pool. (Reg. 565.s.s15.)	
8:45 – 9:25 am Combo Aqua Fit Leisure Pool Greg	8:45 – 9:25 am Combo Aqua Fit Leisure Pool Kim	8:45 – 9:25 am Combo Aqua Fit Leisure Pool Ethan	8:45 – 9:25 am Combo Aqua Fit Leisure Pool Melissa	8:45 – 9:25 am Combo Aqua Fit Leisure Pool Sarah		
—	—	—	—	—	Register for an 8-week Specialty Programs, members receive 50% off. Specialty Programs include: SUP Yoga Tai Chi Night Club Two Step West Coast Swing TIME Zumba Forest Therapy Nature Yoga Baby & Me bootcamp Strollercize	
5:35 – 6:20 pm Combo Aqua Fit Leisure Pool Ethan	5:35 – 6:20 pm Combo Aqua Fit Leisure Pool Melissa	—	5:35 – 6:20 pm Aqua Fit Shallow Only Leisure Pool Greg	—		
—	—	5:35 – 6:20 pm Gentle Aqua Therapy Pool Megan F	—	—	The Centre strives to be a fragrance-free facility. *Instructors are subject to change. Print Date: May 30 2018	

July 2 – September 9

Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 – 7:15 am Cycling Aerobic Studio Denis	6:00 – 6:45 am TBC Aerobic Studio Ethan	6:30 - 7:00 am Cycling Aerobic Studio Anne	—	6:30 - 7:15 am Cycling Aerobic Studio Denis	8:00 - 9:00 am Cycling Aerobic Studio Denis/Becky	
—	8:30 – 9:00 am Simply Stretch Aerobic Studio Jenn	—	8:30 – 9:00 am Simply Stretch Aerobic Studio Su	—	9:15 – 10:10 am TBC Aerobic Studio Ethan	—
9:15 – 10:15 am Low & Sculpt Gym A Amanda	9:15 – 10:15 am Stretch & Strength Gym A Jenn	9:15 – 10:15 am Low & Sculpt Gym A Caroline	9:15 – 10:15 am Stretch & Strength Gym A Su	9:15 – 10:15 am Low & Sculpt Gym A Melissa	10:30 – 11:45 am Yoga Aerobic Studio Caroline/Donna Su	10:00 – 11:00 am Cardio Core Aerobic Studio Sarah
9:30 – 10:45 am Hatha Yoga Aerobic Studio Su	10:45 – 11:45 am Pilates Aerobic Studio Janice	10:30 – 11:45 am Hatha Yoga Aerobic Studio Caroline	—	11:00 am– 12:00 pm Sit & Be Fit Aerobic Studio Amanda	<p>Child Minding Service</p> <p>Age: 6 weeks to 12 years</p> <p>Summer Hours (July 2 - September 9)</p> <p>Monday to Friday 9:00 am – 12:30 pm</p> <p>Monday to Thursday 4:15 – 7:15 pm</p> <p>Saturday & Sunday 9:00 am – 12:00 pm</p> <p>Fee: Included in our One-Year Family, Child, and One-Adult Family Memberships.</p> <p>Other facility Members may purchase a one month unlimited use pass for \$25.00.</p> <p>\$5 / visit for other membership types \$7 / visit non-members</p> <p>Maximum two-hour stay per visit.</p> <p>Closed on July 1, August 6 & 31, September 3.</p> <p>Hours subject to change.</p> <p>For a complete list of Centre policies, please see our website, or Reception Desk for print version.</p>	
12:10 – 12:55 pm HIIT Aerobic Studio Caroline	12:10 – 12:55 pm Bars, Balls & Bands Aerobic Studio Kim	12:10 – 12:55 pm TBC Aerobic Studio Greg	12:10 – 12:55 pm Bars, Balls & Bands Aerobic Studio Ryan	12:10 – 12:55 pm HIIT GYM A Sarah		
4:30 – 5:15 pm 20/20/20 Aerobic Studio Ethan	4:30 – 5:25 pm Step & Sculpt Aerobic Studio Stacy	4:30 – 5:15 pm HIIT Aerobic Studio Kim	—	—		
—	5:30 – 6:25 pm TBC Aerobic Studio Stacy	5:30 – 6:15 pm Cycling Aerobic Studio Denis/Becky	5:30 – 6:25 pm Power Pilates Aerobic Studio Janice	—		
6:00 – 6:55 pm Bootcamp Gym A Ryan	6:00 – 6:55 pm Bootcamp Gym A Sarah	6:00 – 6:55 pm Bootcamp Gym A Greg	6:00 – 6:55 pm Bootcamp Gym A Ray	—		
6:15 – 7:00 pm BODYSHRED Aerobic Studio Jenn	6:35 – 7:50 pm Flow Yoga Aerobic Studio Stacy	—	6:35 – 7:50 pm Hatha Yoga Aerobic Studio Caroline	—		
—	—	7:15 – 8:00 pm Cardio Core Aerobic Studio Caroline	—	—		