

# Minoru Centre for Active Living & Watermania Drop-In Aquafit Class Schedule

SPRING 2024 – EFFECTIVE APR 2 – JUN 30

Aquafit schedules and instructors subject to change. Classes are cancelled on statutory holidays. Floatation belts are provided for all deep water classes.

MINORU CENTRE FOR ACTIVE LIVING						
SUN	MON	TUE	WED	THU	FRI	SAT
Power Water Shallow* 8:15–9:00am			Rise and Shine Shallow 7:00–7:45am			
	Aqua Conditioning Deep 9:15–10:00am	Power Water Shallow 9:15–10:00am	Aqua Conditioning Deep 9:15–10:00am	Power Water Shallow 9:15–10:00am	Power Water Shallow 9:15–10:00am	
	Seniors Splash Shallow 1:15–2:00pm		Seniors Splash Shallow 1:15–2:00pm			
	Power Water Shallow 6:15–7:00pm	Power Water Shallow 6:15–7:00pm	Power Water Shallow 6:15–7:00pm	Power Water Shallow 6:15–7:00pm		

\*No class the last Sunday of each month from March to August.

WATERMANIA				
MON	TUE	WED	THU	FRI
Aqua Conditioning Deep 9:00–9:45am		Aqua Conditioning Deep 9:00–9:45am	Power Water Shallow 9:00–9:45am <i>Starts May 2</i>	Aqua Conditioning Deep 9:00–9:45am
	Yoga 9:30–10:30am		Yoga 9:30–10:30am	

WATERMANIA – SWIM MEET DATES – NO AQUAFIT CLASSES ON THESE DATES

- Fri, May 3
- Fri, Jun 28

# Aquafit Descriptions, Etiquette, Memberships & Drop-In Fees

## AQUAFIT CLASS DESCRIPTIONS

### AQUA CONDITIONING DEEP

Strengthen deep muscles of the core for a combined cardiovascular and muscle conditioning workout.

### POWER WATER SHALLOW

Build stamina and strength in this heart-pumping mix of low impact and power moves. Enjoy a full body workout complete with cardiovascular and strength training.

### RISE AND SHINE SHALLOW

Start the morning off right in this invigorating and fun total body workout.

### SENIORS SPLASH SHALLOW

Ease aching joints and add strength, balance and power to everyday movements. Enjoy a mix of cardiovascular, strength, balance and flexibility for a well-rounded workout with less impact.

### YOGA

Lengthen, breathe and relieve stress while balancing the body with gentle yoga poses.

## AQUAFIT ETIQUETTE

Keep workouts fun and safe for all with these guidelines:

- Be respectful to all staff and fellow participants during group workouts in the shared aquatic space.
- Arrive on time to class; latecomers are not permitted 5 minutes after start time.
- Use lockers for personal belongings and store all equipment in a safe area to the side.
- Participate in the warm up, cool down and stretch to help prevent injury. Each component of the class is equally important.
- Listen to your body and work at your own pace. Ask for help if needed.
- Keep hydrated! Drink water before, during and after the class.
- If you are new to the class, arrive early and introduce yourself to the instructor. Review the [PAR-Q+ Form](#) annually to ensure you are ready to begin exercise.