

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

FALL 2024 — NOVEMBER — DECEMBER

Drop-in Aquafit schedule and instructors are subject to change or cancellation without notice. Class schedule may change or be 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		Power Water 8:15–9:00am	Rise and Shine Shallow 7:00–7:45am		Power Water 8:15–9:00am <i>Last class Dec 20</i>	
	Power Water Shallow 9:15–10:00am		Aqua Conditioning Deep 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 <i>Last class Nov 29</i>	
	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		

WATERMANIA				
MON	TUE	WED	THU	FRI
Aqua Conditioning Deep 9:00–9:45am <i>Starts Nov 18</i>	Aqua Conditioning Deep 8:45–9:30am Yoga 9:30–10:30am Power Water Shallow 9:45–10:30am	Aqua Conditioning Deep 9:00–9:45am <i>Starts Nov 13</i>	Aqua Conditioning Deep 9:30–10:15am <i>Last class Nov 14</i> Yoga 9:30–10:30am	

WATERMANIA POOL

No yoga classes:

- Tue, Nov 19
- Tue, Dec 17

MINORU CENTRE FOR ACTIVE LIVING POOL

No Aquafit classes:

- Sun, Nov 24
- Sun, Dec 29

Aquafit Descriptions and Etiquette

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.

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.
- Stay 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.