

# Minoru Centre for Active Living & Watermania

## Drop-In Aquafit Class Schedule

SPRING 2025 — APR 1 – JUN 30



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 Shallow 8:15–9:00am	Rise and Shine Shallow 7:00–7:45am		Aqua Conditioning Deep 8:15–9:00am	
	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>Start date tbd</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	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	Yoga 9:30–10:30am	

### CANCELLATIONS

#### MCAL:

- Tue, Apr 1: Power Water
- Fri, Apr 4: Deep Conditioning
- Sun, Apr 27, May 25, Jun 29: Power Water

#### WATERMANIA:

- Tue, Apr 1: Deep Conditioning and Power Water
- Wed, Apr 2: Deep Conditioning
- Mon, Apr 7: Deep Conditioning
- Tue, Apr 15, May 13, Jun 17, Jun 24: Yoga
- Thu, Apr 24: Yoga



# 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.