

AQUAFIT DROP-IN CLASSES

Class	Location	Level	Description
Senior/Adult Aquafit	MAC	2	A class designed for older adults. Includes cardiovascular conditioning, strength and balance.
Deep Water Conditioning	WM	2-3	A deep-water total conditioning class that strengthens the core, improves cardio and includes lots of fun.
Deep Water H.I.T.T.	WM	3-4	A class that focuses on High Intensity Interval Training (H.I.I.T.) cardio that is great for athletes with or without injuries.
H2O Boot Camp	WM	3-4	A high intensity circuit class in the deep end that takes aqua workouts to the next level.
Low Impact Aqua	WM & MAC	2-3	A class that offers a variable intensity workout; a mix of cardio and strength exercises in shallow water. Great for participants looking for a moderate intensity class with less impact.
Power Water	WM & MAC	3-4	A moderate to challenging shallow water class that offers an excellent full body workout with a choice of low impact and power moves.
Rise & Shine Aqua	MAC	2-3	An early morning shallow water total workout.
Water Works	MAC	1	A gentle class that will encourage increased mobility and flexibility, help relieve stiffness and improve strength and endurance for those with arthritis.
MAC - Minoru Aquatic WM - Watermania			

Watermania
 14300 Entertainment Blvd.
 604-448-5353
www.richmond.ca/watermania

Minoru
 7560 Minoru Gate
 604-238-8020
www.richmond.ca/aquatics

