

WINTER FITNESS CLASSES *all participants must be 13 years of age & older

CLASSES WILL BE CANCELLED DUE TO INSUFFICIENT ENROLLMENT.

Aquatic Fitness Classes

Course	Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 17 – APRIL 30, 2021					
Aquafitness	6:15-7am 9-9:45am 11-11:45am	9-9:45am 7-7:45pm	6:15-7am 9-9:45am 11-11:45am	9-9:45am 7-7:45pm	6:15-7am 9-9:45am 11-11:45am
Aqualite	10-10:45am	10-10:45am	10-10:45am	10-10:45am	10-10:45am
Spin Bike	8-8:45pm	8-8:45am	8-8:45pm	8-8:45am	
Masters	6:30-7:30pm		6:30-7:30pm		

AQUAFITNESS / AQUALITE 10 Weeks

February 17, 2021 – April 30, 2021

MUST BOOK BY APPOINTMENT

SPIN BIKE 10 Weeks

February 22, 2021 – April 29, 2021

	Cost	with HST
Adult	\$58.44	\$66.04
Senior	\$48.73	\$55.03

MASTERS 10 Weeks

February 22, 2021 – April 29, 2021

	Cost	with HST
Adult	\$58.44	\$64.04
Senior	\$48.73	\$55.03

Auditorium Fitness Classes

Course	Monday	Tuesday	Wednesday	Thursday	Friday
JANUARY 4 – MARCH 14, 2021					
Yogafit		12:10-1pm			

East End Hall Classes

Course	Monday	Tuesday	Wednesday	Thursday	Friday
JANUARY 4 – MARCH 14, 2021					
Bounce and Burn		7:00pm			
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BOUNCE AND BURN ORIENTATION FOR NEW PARTICIPANTS, September 12, 2020 7pm.

FITNESS CLASSES

February 22, 2021 – April 29, 2021

10-weeks	Cost	with HST
Adult	\$73.04	\$82.54
Senior	\$61.04	\$68.98

Aquafitness: Classes are limited. We ask that you book an appointment for only classes that you will attend. **Instructor:** **Varies**

Aqualite: Classes are limited. We ask that you book an appointment for only classes that you will attend. **Instructor:** **Varies**

Spin Bike: Classes are limited to 10 patrons daily. Must pre-register for classes; first come first serve. **Instructor:** **Varies**

Master: Enjoy participating in a relaxed, fun filled hour of swim skills and drills. This program is designed for adults to work on their fitness and endurance in the pool. Hour long sessions are led by a certified coach, providing feedback and support, helping you achieve your swimming goals. **Instructor: Debbie Murray**

Yogafit: Classes are limited to 15 patrons. We ask that you pre-register prior to the start of class. Our Yogafit classes blend balance, strength, flexibility, and power in a fitness format delivering a practical, user-friendly style of yoga. Keep your drive alive as you flow through the postures effectively working all parts of the body. All fitness levels welcome. **Instructor: Debbie Murray**

Bounce and Burn: Classes are limited to 12 participants; please pre-register. Looking for a complete body toning, low impact cardio class that is so much fun you will not believe you just did a workout? If you like great music, having a good time, and feeling like you accomplished something good for yourself, then this is the place! This class geared to people of all ages and fitness levels. It is all about what YOU can do, not anybody else, it is a non-intimidating, supportive environment. All Maximus Pro Gym rebounders have attachable stability bars for safety and a weight capacity of 290 pounds. One unit available for 300 pounds and up. Let us Bounce and Burn our way to better health together. **Instructor: Debbie Larson**

***All program class sizes are limited based on the provincial health guidelines.**

