

AQUAFIT









AQUAFIT USES THE WATER AS RESISTANCE TO INCREASE LEAN BODY WEIGHT, STRENGTH AND MUSCULAR ENDURANCE. CLASSES ARE CONDUCTED IN CHEST DEEP WATER. KNOWING HOW TO SWIM IS NOT A PREREQUISITE. CLASSES ARE DESIGNED TO ALLOW PARTICIPANTS TO WORK AT THEIR OWN PACE AND INTENSITY.

Maximum 40 participants

**** All Classes will take place only in the Lap Pool (Main Pool) 4 lanes. Please note that lane swim could potentially be taking place in the same pool on the other side.**

****Participants ages 13+ must show valid ID and minors require parental presence for application of Memberships and Drop- ins**

EFFECTIVE JULY 2ND – SEPT 3RD 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
	7:45-8:30am	7:45-8:30am	7:45-8:30am	7:45-8:30am	7:45-8:30am	
	 HEATHER	 MARIANNA	 HEATHER	 MARIANNA	 HEATHER	
	8:15-9:00pm		8:15-9:00pm			
	 JANINE		 JANINE			

AQUAFIT ETIQUETTE

To ensure a positive experience for all of our members and guests. We ask that you please follow these rules:

TOKEN REQUIRED

Classes have number restrictions due to safety considerations, space and equipment limitations. Therefore classes are limited to a maximum of 40 participants.

BE ON TIME

Please allow yourself adequate time prior to class commencing to obtain a token from the Customer Service Desk and organize your equipment for the class. Latecomers will not be permitted to the class once it is in progress.

RESPECT OTHERS

There are no designated spots in the pool as it is a shared space. First come, first serve.

Please refrain from distractive behaviour (i.e. Talking during the class).

AQUAFIT ADMISSION RATES

	AGE	SINGLE VISIT	10 PASS	ANNUAL PASS
Adult	18-59yrs.	\$7.25	\$57.75	\$338.00
Senior	60+	\$5.25	\$42.25	\$238.70
Student/ Youth	60+	\$5.25	\$42.25	\$238.70

7 REASONS TO TRY AQUAFIT

1. It's not just for GRANDMA anymore
2. Made-to-measure fitness
3. You've never felt better in your bathing suit
4. The options are endless
5. Killer cross training
6. Stay balanced
7. A true full-body workout

