

January 8 - April 1

Aquafitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 - 9:00 am Shallow Aquafit Leisure Pool Amanda	8:15 - 9:00 am Shallow Aquafit Leisure Pool Carole	8:15 - 9:00 am Combo Aquafit Leisure Pool Ethan	8:15 - 9:00 am Combo Aquafit Leisure Pool Jenn	8:15 - 9:00 am Shallow Aquafit Leisure Pool Megan D	8:05 – 8:50 am Combo Aquafit Leisure Pool Ethan	8:05 – 8:50 am Combo Aquafit Leisure Pool Amanda
8:15 - 9:00 am Deep Water Run Leisure Pool Anne	—	8:15 - 9:00 am Deep Water Run Leisure Pool Anne	—	8:15 - 9:00 am Deep Water Run Leisure Pool Carole		
9:00 - 9:45 am Combo Aquafit Leisure Pool Jenn	9:00 - 9:45 am Combo Aquafit Leisure Pool Carole	9:00 - 9:45 am Combo Aquafit Leisure Pool Anne	9:00 - 9:45 am Combo Aquafit Leisure Pool Kim	9:00 - 9:45 am Combo Aquafit Leisure Pool Amanda	<p>Fitness classes are not offered on the following day:</p> <p>February 19 March 17 (Aquafitness only) March 30 April 2</p> <p>Please obtain an Aquafitness ticket at the reception desk to ensure space is available in the class you wish to attend.</p> <p>The Centre strives to be a fragrance-free facility.</p> <p>Everyone must shower before entering the pool. (Reg. 565.s.s15.)</p> <p>*Instructors are subject to change.</p> <p>Pools closed April 3 - 8 for scheduled maintenance.</p>	
9:15 - 10:00 am Gentle Aquafit Therapy Pool Anne	9:15 - 10:00 am Gentle Aquafit Therapy Pool Amanda	9:15 - 10:00 am Gentle Aquafit Therapy Pool Kaitlyn	9:15 - 10:00 am Gentle Aquafit Therapy Pool Jenn	9:15 - 10:00 am Aqua Post Rehab Therapy Pool Anne		
9:45 - 10:30 am Shallow Aquafit Leisure Pool Jenn	9:45 - 10:30 am Combo Aquafit Leisure Pool Ryan	9:45 - 10:30 am Shallow Aquafit Leisure Pool Ethan	9:45 - 10:30 am Combo Aqua Leisure Pool Carole	9:45 - 10:30 am Shallow Aquafit Leisure Pool Amanda		
10:00 - 10:30 am Aqua Yoga Therapy Pool Anne	10:00 - 10:30 am Aqua Pilates Therapy Pool Carole	10:00 - 10:30 am Aqua Yoga Therapy Pool Kaitlyn	10:00 - 10:30 am Aqua Yoga Therapy Pool Jenn	10:00 - 10:30 am Aqua Yoga Therapy Pool Anne		
10:30 - 11:15 am Gentle Aquafit Therapy Pool Amanda	10:30 – 11:00 am Gentle Aquafit Therapy Pool Amanda	10:30 - 11:15 am Aqua Post Rehab Therapy Pool Anne	10:30 – 11:00 am Aqua Pilates Therapy Pool Carole	10:30 - 11:15 am Gentle Aquafit Therapy Pool Anne		
—	1:30– 2:15 pm Gentle Aquafit Therapy Pool Melissa	—	1:30 – 2:15 pm Gentle Aquafit Therapy Pool Amanda	—		
1:30 – 2:15 pm Combo Aquafit Leisure Pool Ethan	1:30– 2:15 pm Combo Aquafit Leisure Pool Laura	1:30 – 2:15 pm Combo Aquafit Leisure Pool Jenn	1:30 – 2:15 pm Combo Aquafit Leisure Pool Melissa	1:30– 2:15 pm Combo Aquafit Leisure Pool Kaitlyn		
2:15 – 3:00 pm Gentle Aquafit Therapy Pool Ethan	2:15 – 3:00 pm Gentle Aquafit Therapy Pool Melissa	2:15 – 3:00 pm Gentle Aquafit Therapy Pool Carole	2:15 – 3:00 pm Gentle Aquafit Therapy Pool Amanda	2:15 – 3:00 pm Gentle Aquafit Therapy Pool Kaitlyn		
6:15 – 7:00 pm Combo Aquafit Leisure Pool Amarillis	6:15 – 7:00 pm Combo Aquafit Leisure Pool Ethan	6:15 – 7:00 pm Aqua Dance Leisure Pool Caroline	6:15 – 7:00 pm Aqua Intervals Leisure Pool Megan F	—		

January 8 - April 8

Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 - 7:15 am Cycling Aerobic Studio Denis	6:00 – 6:45 am TBC Aerobic Studio Ethan	6:30 - 7:15 am Cycling Aerobic Studio Anne	—	6:30 - 7:15 am Cycling Aerobic Studio Denis	8:00 - 9:00 am Cycling Aerobic Studio Denis/Becky	9:15 – 10:10 am TBC Aerobic Studio Amanda
—	8:30 – 9:00 am Simply Stretch Aerobic Studio Anne	—	8:30 – 9:00 am Simply Stretch Aerobic Studio Anne	—	9:15 – 10:10 am TBC Aerobic Studio Ethan	—
9:15 – 10:15 am Low & Sculpt Gym C Amanda	9:15 – 10:15 am Stretch & Strength Gym C Lynda	9:15 – 10:15 am Low & Sculpt Gym C Caroline	9:15 – 10:15 am Stretch & Strength Gym C Su	9:15 – 10:15 am Low & Sculpt Gym C Carole	10:30 – 11:45 am Yoga Aerobic Studio Caroline/Su	11:15 am – 12 pm Cardio Core Aerobic Studio Heidi
9:30 – 10:45 am Hatha Yoga MPR B/C Sasha	10:45 – 11:45 am Pilates Aerobic Studio Janice	10:30 – 11:45 am Hatha Yoga MPR B/C Caroline	10:45 – 11:45 am Pilates Aerobic Studio Lynda	9:30 – 10:45 am Hatha Yoga MPR B/C Su	<p>Child Minding Service Age: 6 weeks to 12 years</p> <p>Hours (January 2 – March 29)</p> <p>Monday to Friday 8:30 am – 1:00 pm</p> <p>Monday to Thursday 4:00 – 7:30 pm</p> <p>Friday 4:00 – 7:00 pm</p> <p>Saturday 9:00 am – 1:00 pm</p> <p>Sunday 9:00 am – 12:00 pm</p> <p>Fee Included in one year family, child, and one adult family memberships. Members can purchase a one month unlimited use pass for \$25.00.</p> <p>\$5 / visit for other membership types \$7 / visit non-members</p> <p>Maximum two hour stay per visit. Closed on posted holidays. Hours subject to change.</p> <p>For a complete list of Centre policies, please see our website, or Reception Desk for print version.</p>	
12:10 – 12:55 pm HIIT Aerobic Studio Caroline	12:10 – 12:55 pm Bars, Balls & Bands Aerobic Studio Melissa	12:10 – 12:55 pm BODYSHRED Aerobic Studio Jenn	12:10 – 12:55 pm Bars, Balls & Bands Aerobic Studio Ryan	10:45 – 11:45 am Sit and Be Fit Aerobic Studio Amanda		
—	1:00 – 1:25 pm Osteo Fit Aerobic Studio Melissa	—	1:00 – 1:25 pm Osteo Fit Aerobic Studio Melissa	12:10 – 12:55 pm HIIT Aerobic Studio Kaitlyn		
4:30 – 5:25 pm 20/20/20 Aerobic Studio Kaitlyn	4:30 – 5:25 pm Step & Sculpt Aerobic Studio Stacy	4:30 – 5:25 pm HIIT Aerobic Studio Kaitlyn	—	4:30 – 5:15 pm HIIT Aerobic Studio Kim		
5:30 – 6:10 pm Cycling Aerobic Studio Kaitlyn	5:30 – 6:25 pm TBC Aerobic Studio Stacy	5:30 – 6:15 pm Cycling Aerobic Studio Denis/Becky	5:30 – 6:25 pm Power Pilates Aerobic Studio Janice	—		
6:00 – 6:55 pm Bootcamp Gym A Ryan	6:00 – 6:55 pm Bootcamp Gym A Jodi	6:00 – 6:55 pm Bootcamp Gym A Ray	6:00 – 6:55 pm Bootcamp Gym A Ray	—		
6:15 – 7:00 pm BODYSHRED Aerobic Studio Jenn	6:35 – 7:50 pm Flow Yoga Aerobic Studio Stacy	7:10 – 7:55 pm Cardio Core Aerobic Studio Caroline	6:35 – 7:50 pm Flow Yoga Aerobic Studio Caroline	—		