

# LEISURE CENTRE AQUA FIT SCHEDULE

MARCH 30 – JUNE 28, 2014

AQUA FIT SCHEDULE SPRING 2014							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
ACT Recreation Centre		9:30-10:30AM SW 10:30-11:30AM SW 12-1PM WW 7-8PM SW		12-1PM WW	9:30-10:30AM SW	12-1PM WW	
Bonnie Doon Leisure Centre	12-1PM AB 1-2PM SW 6-7PM DW	8-9AM D 12-1PM KA 7:30-8:30PM SW 7:30-8:30PM DW	8-9AM SW 12-1PM SW 7:30-8:30PM SW 7:30-8:30PM DW	8-9AM DW 12-1PM KA 7:30-8:30PM SW 7:30-8:30PM DW	8-9AM SW 12-1PM SW 7:30-8:30PM SW 7:30-8:30PM DW	8-9AM DW 12-1PM KA	12-1PM SW 1-2PM KA
Commonwealth Recreation Centre		11AM-12PM SW 5-6PM SW		11AM-12PM SW 5-6PM SW		11AM-12PM SW	
Confederation Leisure Centre	9-10AM S	11AM-12PM SW 7:30-8:30PM SW 7:30-8:30PM DW	7:30-8:30PM SW 7:30-8:30PM DW	11AM-12PM SW 7:30-8:30PM SW 7:30-8:30PM DW	7:30-8:30PM SW 7:30-8:30PM DW	11AM-12PM SW	
Eastglen Leisure Centre 25M Facility shut down for repairs Apr 6 to June 30, 2014	FACILITY CLOSED FOR SPRING SEASON						
Grand Trunk Leisure Centre	8-9AM KA 9-10AM SW	8-9AM SW 9-10AM SW 6-7PM SW 7-8PM SW	8-9AM KA	8-9AM SW 9-10AM SW 10-11AM SW (GENTLE) 6-7PM SW 7-8PM SW	8-9AM KA	8-9AM SW 9-10AM SW 6-7PM SW	8-9AM SW
Hardisty Leisure Centre Facility shut down for repairs Apr 1 to Apr 5, 2014	12-1PM SW	8-9AM SW 9-10AM DW 11-12PM SW 7-8PM SW	3-4PM WW 7-8PM SW 7-8PM DW	8-9AM SW 9-10AM DW 11-12PM SW	3-4PM WW 7-8PM SW 7-8PM DW	8-9AM SW 9-10AM DW 11-12PM SW	
Jasper Place Leisure Centre	9-10AM SW	8-9AM SW 7:30-8:30PM SW	11AM-12PM SW	8-9AM SW 7:30-8:30PM SW	11AM-12PM SW	8-9AM SW	
Kinsmen Sports Centre		10-11AM SW	12-12:45PM SW HIGH INTENSITY	10-11AM SW	12-12:45PM SW HIGH INTENSITY	10-11AM SW	

- Schedules subject to change. Please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.

AQUA FIT SCHEDULE SPRING 2014							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
Londonderry Leisure Centre		8-9AM DW 11AM-12PM SW 8-9PM SW	8-9AM DW 11AM-12PM SW 6-7PM SW	8-9AM DW 11AM-12PM SW 8-9PM SW	8-9AM DW 11AM-12PM SW 6-7PM SW	8-9AM DW 11AM-12PM SW	
Mill Woods Recreation Centre	10:30-11:30AM DW	9-10AM SW 9-10AM DW 7-8PM DW 8-9PM SW 8-9PM DW	8:30-9:30AM SW 8:30-9:30AM DW	9-10AM SW 9-10AM DW 8-9PM SW 7-8PM DW 8-9PM DW	8:30-9:30AM SW 8:30-9:30AM DW	9-10AM SW 9-10AM DW	
O'Leary Leisure Centre			10-11AM SW		10-11AM SW		
Peter Hemingway Facility shut down for repairs May 26 to Aug 25, 2014	11AM-12PM DW 12-1PM AB	9-10AM SW 6:30-7:30PM DW 7:30-8:25PM AB	6:30-7:30PM DW 7:30-8:25PM SW	9-10AM SW 6:30-7:30PM DW 7:30-8:25PM AB	6:30-7:30PM DW 7:30-8:25PM SW	9-10AM SW	1-2PM SW
Terwillegar Rec Centre		11AM-12PM SW 7-8PM SW	11AM-12PM SW 7-8PM SW 8:15-9:15PM DW	11AM-12PM DW 7-8PM SW	11AM-12PM SW 7-8PM SW 8:15-9:15PM DW	11AM-12PM DW	9-10AM DW

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SW	<b>Shallow Water Aqua Fit</b> Get fit! Aquafit is a fun and energetic aerobic exercise class that uses the water for resistance. Low to zero impact is easy on bones and joints. A one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required.
DW	<b>Deep Water Aqua Fit</b> An aquabelt suspends you so that your whole body gets a total workout. Good for those with joint or injury concerns. Also known as Aquajog.
AB	<b>Aqua Box</b> Boxing moves with an aquatic twist to keep your heart rate up.
KA	<b>Karataquatics</b> A hybrid of karate, strength and endurance training.
WW	<b>Water Works</b> Water Works is an aquatic exercise program specifically for people with muscle, joint or mobility problems. A trained instructor takes participants through soothing, slow movements in the swimming pool, all accompanied by soft music. Relieve stiffness, increase flexibility, and restore or maintain muscle strength. Water Works is safe and easy, and perfect for arthritis or fibromyalgia sufferers.