

# AQUAFIT SCHEDULE SPRING 2016 | APR 3 – JUL 2

## AQUAFIT SCHEDULE

FACILITY	SUN	MON	TUE	WED	THU	FRI	SAT
ACT Recreation Centre		9:30-10:30AM SW 12-1PM WW		12-1PM WW		12-1PM WW	
Bonnie Doon Leisure Centre	12-1PM AB 1-2PM SW 6:15-7:15PM DW	8-9AM D 12-1PM KA 7:30-8:30PM SW	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
Clareview Community Recreation Centre		12-1PM (GENTLE) 6-7PM (GENTLE)	8-9AM DW 8-9pm DW	12-1PM (GENTLE) 6-7PM (GENTLE)	8-9AM DW 8-9PM DW T	12-1PM (GENTLE)	
Commonwealth Community Recreation Centre	9-10AM SW	11AM-12PM SW 5-6PM SW		11AM-12PM SW 5-6PM SW		11AM-12PM SW 5-6PM SW	
Confederation Leisure Centre	9-10AM SW	11-12PM SW 7:30-8:30PM SW 7:30-8:30PM DW	7:30-8:30PM SW 7:30-8:30PM DW	11-12PM SW 7:30-8:30PM SW 7:30-8:30PM DW	7:30-8:30PM SW 7:30-8:30PM DW	11-12PM SW	
Eastglen Leisure Centre	12-1PM DW	10-11AM SW 7PM-8PM DW	10-11AM SW 5-6PM SW ST 7-8PM SW	10-11AM DW 7PM-8PM DW	10-11AM SW 5-6PM SW ST 7-8PM SW	10-11AM DW	9-10AM DW T 4:45-5:45 FEMALE ONLY
Grand Trunk Fitness & 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 Fitness & Leisure Centre	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 Fitness & 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	12-1 PM SW HIGH INTENSITY	10-11AM SW	12-1PM SW HIGH INTENSITY	10-11AM SW	
Londonderry Fitness & Leisure Centre		8-9AM DW 11AM-12PM SW 8-9PMSW	11AM-12PM SW 6-7PM SW	8-9AM DW 11AM-12PM SW 8-9PM SW	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	8:30-9:30AM SW 8:30-9:30AM DW	9-10AM SW 9-10AM DW 7-8PM DW 8-9PM SW	8:30-9:30AM SW 8:30-9:30AM DW	9-10AM SW 9-10AM DW	
O'Leary Fitness & Leisure Centre			10-11AM SW		10-11AM SW		
Peter Hemingway Fitness & Leisure Centre	11AM-12PM DW 12-1PM AB	9-10AM SW 6:30-7:30PM DW 7:30-8:30PM AB	6:30-7:30PM DW 7:30-8:30PM SW	9-10AM SW 6:30-7:30PM DW	6:30-7:30PM DW 7:30-8:30PM SW	9-10AM SW	1-2PM SW
Terwillegar Community Recreation 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
The Meadows Community Recreation Center							

- Schedule subject to change. Please visit [www.edmonton.ca/RecCentreNotifications](http://www.edmonton.ca/RecCentreNotifications) for updates on closures and cancellations.
- No drop-in classes on statutory holidays.

## ACTIVITY DESCRIPTIONS

SHALLOW WATER AQUAFIT (SW)	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.
DEEP WATER AQUAFIT (DW)	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.
AQUABOX (AB)	Boxing moves with an aquatic twist to keep your heart rate up.
KARATAQUATICS (KA)	A hybrid of karate, strength and endurance training.
WATER WORKS (WW)	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.
GENTLE AQUAFIT	A mild - moderate one-hour class set to music and taught by certified instructors. Work at your own pace, no swimming skills required. Water temp varies depending on facility(29.5 – 32C)
DEEP WATER TETHERING( DW T)	A tether (i.e. bungee cord or hitch) is fastened to a deep water belt and then hooked onto a lane rope creating dynamic resistance. This activity can be performed in deep or shallow water and is easily modified for all levels. Participants can work towards their own personal best by increasing or decreasing the amount of effort or “pull” on the tether. Adding a tether further increases the resistance, especially when encouraged to pull forward. Benefits can include reduced impact on joints (shallow) or no impact on joints (deep), increased range of motion, improved strength and endurance, increased core strength and cardiac functioning.
SHALLOW WATER STRENGTH TRAINING (SW ST)	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. This class uses specialized equipment to increase workout.