



**2017 FALL FITNESS CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 am Cycling Aerobic Studio Denis		6:30 - 7:15 am Cycling Aerobic Studio Anne		6:30 - 7:15 am Cycling Aerobic Studio Denis		
	8:30 – 9:00 am Simply Stretch Aerobic Studio Lynda		8:30 – 9:00 am Simply Stretch Aerobic Studio Anne		8:00 - 9:00 am Cycling Aerobic Studio Denis/Becky	
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	9:15 – 10:10 am TBC Aerobic Studio Ethan	
9:30 – 10:45 am Hatha Yoga MPR B/C Su	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	10:45 – 11:45 am Sit and Be Fit Aerobic Studio Amanda	10:30 – 11:45 am Yoga Aerobic Studio Caroline/Su	10:30 – 11:25 am Cardio Core Aerobic Studio Caroline/Megan /Amanda
12:10 – 12:55 pm HIIT Aerobic Studio Caroline	12:10 – 12:55 pm Bars, Balls & Bands Aerobic Studio Heidi	12:10 – 12:55 pm Pilatycore Aerobic Studio Jenn	12:10 – 12:55 pm Bars, Balls & Bands Aerobic Studio Ryan	12:10 – 12:55 pm HIIT Aerobic Studio Kaitlyn	<p><b>Child Minding Services</b> <b>Child Minding</b> Age: 6 weeks to 3 years Drop your young children off to play while you use the Centre. The child minding service is a safe space where children can stay with friendly staff in a welcoming play environment.</p> <p><b>Challenge Club</b> Age: 4 to 12 years Enjoy fun interactive activities, games, and crafts; three or more activities will be offered in stations to explore. Similar to our childminding service, but for the older group.</p> <p><b>Fall Session Service Hours</b> <b>September 16 – December 23</b> Mon to Fri 8:30 am – 1:00 pm (<i>child minding only</i>) Mon to Thurs 4:00 pm – 7:30 pm (<i>both</i>) Fri 4:00 pm – 7:00 pm (<i>both</i>) Sat 9:00 am – 1:00 pm (<i>both</i>) Sun 9:00 am – 12:00 pm (<i>both</i>) <b>December 27 - 30</b> Wed to Sat 9:00 am - 12:00 pm (<i>both</i>) Wed to Fri 4:00 pm - 7:00 pm (<i>both</i>)</p> <p><i>*Instructors are subject to change</i> <b>Revised Date: August 28, 2017</b></p>	
	1:00 – 1:25 pm Osteo Aerobic Studio Melissa		1:00 – 1:25 pm Osteo Aerobic Studio Jenn			
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 Kaitlyn		
5:30 – 6:15 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 Boot camp Gym A Ryan	6:00 – 6:55 pm Island Cardio Kickboxing Gym A Ray	6:00 – 6:55 pm Boot camp Gym A Jodi	6:00 – 6:55 pm Boot camp Gym A Ray			
6:25 – 7:10 pm Fitness Kickboxing Aerobic Studio Megan	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			



**2017 FALL AQUAFITNESS CLASSES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 - 9:00 am Shallow Aqua Fit Leisure Pool Amanda	8:15 - 9:00 am Shallow Aqua Fit Leisure Pool Carole	8:15 - 9:00 am Combo Aqua Fit Leisure Pool Caroline	8:15 - 9:00 am Combo Aqua Fit Leisure Pool Jenn	8:15 - 9:00 am Shallow Aqua Fit Leisure Pool Anne	8:05 – 8:50 am Combo Aqua Fit Leisure Pool Ethan	8:05 – 8:50 am Combo Aqua Fit Leisure Pool Amanda/Caroline/ Megan
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 Aqua Fit Leisure Pool Jenn	9:00 - 9:45 am Combo Aqua Fit Leisure Pool Carole	9:00 - 9:45 am Combo Aqua Fit Leisure Pool Anne	9:00 - 9:45 am Combo Aqua Fit Leisure Pool Carole	9:00 - 9:45 am Combo Aqua Fit Leisure Pool Amanda	<p><b>PLEASE NOTE: Fitness classes are not offered on the following holidays:</b></p> <p><b>Oct. 9, Dec. 24,25,31 2017, &amp; Jan. 1, 2018.</b></p> <p><b>December 16<sup>th</sup> Aqua Fitness is cancelled due to staff training.</b></p> <p><b>Aquatic Shutdown is scheduled between September 5<sup>th</sup> and 15<sup>th</sup></b></p> <p><b>The entire facility is closed September 10<sup>th</sup></b></p> <p><b>Please collect an Aqua Fitness ticket at the reception desk to ensure space is available in the class you wish to attend.</b></p> <p><b>The Wellness Centre strives to be a fragrance-free facility.</b></p> <p><b>Everyone must shower before entering the pool (Regulation 565.s.s15.)</b></p> <p><b>*Instructors are subject to change.</b></p>	
9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Anne	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Amanda	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Kaitlyn	9:15 - 10:00 am Gentle Aqua Fit Therapy Pool Jenn	9:15 - 10:00 am Aqua Post Rehab Therapy Pool Anne		
9:45 - 10:30 am Shallow Aqua Fit Leisure Pool Jenn	9:45 - 10:30 am Combo Aqua Fit Leisure Pool Ryan	9:45 - 10:30 am Shallow Aqua Fit Leisure Pool Ethan	9:45 - 10:30 am Combo Aqua Leisure Pool Carole	9:45 - 10:30 am Shallow Aqua Fit Leisure Pool Amanda		
	10:00 - 10:30 am Aqua Pilates Therapy Pool Carole	9:45 - 10:30 am Deep Water Run Leisure Pool Anne	10:00 - 10:30 am Aqua Yoga Therapy Pool Jenn			
10:00 - 10:30 am Aqua Yoga Therapy Pool Anne	10:30 – 11:00 am Gentle Aqua Fit Therapy Pool Amanda	10:00 - 10:30 am Aqua Yoga Therapy Pool Kaitlyn	10:30 – 11:00 am Gentle Aqua Fit Therapy Pool Carole	10:00 - 10:30 am Aqua Yoga Therapy Pool Anne		
10:30 - 11:15 am Gentle Aqua Fit Therapy Pool Amanda	10:30 - 11:15 am Combo Aqua Fit Leisure Pool Jenn	10:30 - 11:15 am Aqua Post Rehab Therapy Pool Anne	10:30 - 11:15 am Combo Aqua Fit Leisure Pool Jenn	10:30 - 11:15 am Gentle Aqua Fit Therapy Pool Carole		
	1:30 – 2:15 pm Gentle Aqua Fit Therapy Pool Melissa		1:30 – 2:15 pm Gentle Aqua Fit Therapy Pool Amanda			
1:30 – 2:15 pm Combo Aqua Fit Leisure Pool Ethan	1:30 – 2:15 pm Combo Aqua Fit Leisure Pool Laura	1:30 – 2:15 pm Combo Aqua Fit Leisure Pool Jenn	1:30 – 2:15 pm Combo Aqua Fit Leisure Pool Jenn	1:30 – 2:15 pm Combo Aqua Fit Leisure Pool Kaitlyn		
2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Ethan	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Melissa	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Carole	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Amanda	2:15 – 3:00 pm Gentle Aqua Fit Therapy Pool Kaitlyn		
6:15 – 7:00 pm Combo Aqua Fit Leisure Pool Amarillis	6:15 – 7:00 pm Combo Aqua Fit Leisure Pool Ethan	6:15 – 7:00 pm Aqua Dance Leisure Pool Caroline	6:15 – 7:00 pm Aqua Intervals Leisure Pool Megan			