

# DROP IN WATERFIT



## Holiday Schedule - Dec 23-27

SAANICH COMMONWEALTH PLACE - Waterfit Schedule

250-475-7600

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shallow Waterfit ❤️❤️	9:00-10:00am Wanda	9:00-10:00am Jenna	<b>MERRY CHRISTMAS!</b>		8:00-8:50am Lily 9:00-10:00 am Angella
Deep Waterfit ❤️❤️	8:00-8:50am Jackie 10:15-11:15am Jackie	10:15-11:15am Jenna			10:15- 11:15 am Angella
Shallow Water Walking ❤️	11:30am-12:30pm Elaine				11:30am-12:30pm Elaine
STAT HOLIDAYS: Dec 25 & 26					
**All times subject to change. Please check schedule the day of your class.					Flip over for more details

## Holiday Schedule - Dec 30-Jan 3

SAANICH COMMONWEALTH PLACE - Waterfit Schedule

250-475-7600

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Shallow Waterfit ❤️❤️	9:00-10:00 a.m. Wanda	9:00-10:00am Jenna	<b>Happy New Year!</b>		8:00-8:50am Lily 9:00-10:00 a.m. Angella	
Deep Waterfit ❤️❤️	8:00-8:50am Lily 10:15- 11:15 a.m. Jackie	10:15-11:15am Jenna			8:00-8:50am Betty-Ann 10:15- 11:15 a.m. Lily	10:15- 11:15 a.m. Angella
Shallow Water Walking ❤️	11:30am-12:30pm Elaine					11:30am-12:30pm Jenna
STAT HOLIDAYS: Jan 1						
**All times subject to change. Please check schedule the day of your class.					Flip over for more details	

# Water Fitness Drop-in Descriptions

All classes welcome participants 13yrs+. For your convenience when choosing a drop in class we have now listed the intensity beside the class. However, modifications can be shown in all classes.

♥ Suitable for everyone from beginners to the more advanced. Emphasizes fun, and effective workouts; challenging options given for experienced participants.

♥♥ Suitable for participants ready to improve technique and increase intensity while still emphasizing proper form. Best suited for individuals who are already actively exercising.

## **SHALLOW WATERFIT ♥♥**

A fun, moderate to intense, self-paced workout focusing on total body conditioning held in the shallow pool.

## **DEEP WATERFIT ♥♥**

This is a non-impact, high energy, moderate workout in the deep water. Floatation belts are used and the class can be easily modified for all fitness levels.

## **SHALLOW WATER WALKING ♥**

A fun, low impact water fitness class in the shallow pool for those recovering from injury, with arthritis, or simply wanting a mild class.