

# DROP IN WATERFIT



## SPRING SCHEDULE

SAANICH COMMONWEALTH PLACE

☎ 250-475-7600

**March 31 – June 27**

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Shallow Waterfit</b> ❤️❤�	9:00-10:00 am <i>Wanda</i>	9:00-9:50 am <i>JoAnn</i>	9:00-9:50 am <i>JoAnn</i>	9:00-9:55 am <i>Kathleen</i>	8:00-8:50 am <i>Jaela</i> 9:00-10:00 am <i>Angella</i>
<b>Evening Shallow Waterfit</b> ❤️❤�		7:00-7:50pm <i>Lily</i>		7:00-7:50pm <i>Jenna</i>	
<b>Deep Waterfit</b> ❤️❤�	10:15- 11:05 am <i>Karen</i>	10:15-11:05 am <i>JoAnn</i>	8:00-8:50 am <i>Betty-Ann</i> 10:00- 10:50 am <i>JoAnn</i>	8:00-8:50 am <i>Betty-Ann</i> 10:15- 11:05 am	10:15- 11:15 am <i>Angella</i>
<b>Shallow &amp; Deep Waterfit Combo</b> ❤️❤�	8:00-8:50 am <i>Karen</i>				
<b>Shallow Water Walking</b> ❤️	12:00-1:00 pm <i>Elaine</i>		12:00-1:00 pm <i>Karen</i>		12:00-12:55 pm <i>Anne</i>
<b>Deep Water Conditioning</b> ❤️		8:00-8:50 am <i>Jackie</i>			
<p><b>STAT HOLIDAYS (class cancelled):</b> April 18, April 21, May 19,</p> <p><b>Swim/Dive Meets (class cancelled):</b> May 30 (Dive Meet), June 4-12 (National Swim Trials)</p> <p>**All times subject to change. Please check schedule the day of your class.</p>					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.

♥♥♥ Suitable for consistently active individuals, emphasizing advanced techniques and intensity that will challenge even experienced participants.

## **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 & DEEP WATERFIT COMBO ♥♥**

This Combo class lets you choose what kind of waterfit class you want to participate in. One instructor will run both a Shallow and a Deep waterfit class at the same time with individual moves for each pool.

## **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.

## **DEEP WATER CONDITIONING ♥**

This low impact class is ideal for people recovering from injury or joint replacements. Work on balance, core, total body strength, coordination, and cardio fitness.