

# AQUA FITNESS DROP-IN SCHEDULE

## FALL 2024



Effective September 3, 2024 – January 5, 2025

Schedule subject to change

View in real time online: [seaparc.ca](http://seaparc.ca)

No classes on Sep 30, Oct 14, Nov 11, Dec 25, 26 or Jan 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>Aqua Fit</b> <i>Shallow-Focus</i> 8:00 - 8:55am
	<b>Aqua Fit</b> <i>Shallow-Focus</i> 9:00 - 9:55am	<b>Aqua Fit</b> <i>Shallow-Focus</i> 9:00 - 9:55am	<b>Aqua Fit</b> <i>Shallow-Focus</i> 9:00 - 9:55am	<b>Aqua Fit</b> <i>Shallow-Focus</i> 9:00 - 9:55am	<b>Aqua Fit</b> <i>Shallow-Focus</i> 9:00 - 9:55am	
	<b>Aqua Fit</b> <i>Deep-Focus</i> 10:05 - 11:00am	<b>Aqua Fit:</b> <b>Water Walking</b> 10:05 - 11:00am	<b>Aqua Fit</b> <i>Deep-Focus</i> 10:05 - 11:00am	<b>Aqua Fit:</b> <b>Water Walking</b> 10:05 - 11:00am	<b>Aqua Fit</b> <i>Deep-Focus</i> 10:05 - 11:00am	
		<b>Swim Fit</b> 11:05 - 12:05pm		<b>Swim Fit</b> 11:05 - 12:05pm		
	<b>Aqua Fit</b> <i>Shallow-Focus</i> 7:05 - 8:00pm		<b>Aqua Fit</b> <i>Shallow-Focus</i> 7:05 - 8:00pm			

Regular drop-in admission rates applied. All Aqua Fitness classes included in Active Pass memberships.

## Class Descriptions

### Aqua Fit

Aqua Fit classes are always designed for both shallow and deep water aqua fit participants and will provide you with a fun, challenging workout with little to no impact on your joints!

### Aqua Fit: Water Walking

Low-impact exercise to help increase mobility, dexterity and flexibility of the body. Focus on proper posture and alignment through full range of motion movements. This class is great for those with arthritis, osteoporosis or pre/post-surgery.

### Swim Fit

Join this one hour swim workout. These sessions are coached by Neil Harvey and Tara Neifer and they focus on stroke correction, endurance building and skill development.

## Scan to View



Live Aqua Fitness  
Schedule

