



Aquafit Schedules

Updated January 22

Gibsons & District Aquatic Facility						
Effective January 2 to Mar 31, except statutory holidays						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-10:00am Aquafit – Deep	9:00-10:00am Aquafit – Shallow 11:30am – 12:00pm Gentle Waves 2:00-2:45pm Deep H2O Running	9:00-10:00am Aquafit - Deep	9:00-10:00am Aquafit - Shallow 11:30am-12:00pm Gentle Waves 2:00-2:45pm Deep H2O Running			

Pender Harbour Aquatic & Fitness Centre						
Effective January 2 to Mar 31, except statutory holidays						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:50am Aquafit 10:00-10:45am Gentle Waves		9:00-9:50am Aquafit 10:00-10:45am Aquafit Shallow	6:30-7:15pm H2O Turbo Boot Camp/Deep Water Running	9:00-9:50am Aquafit 10:00-10:45am Gentle Waves		

Sechelt Aquatic Facility						
Effective January 2 to Mar 31, except statutory holidays						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am Aquafit Deep 9:00-10:00am Aquafit Deep 10:00-10:45am Gentle Waves	7:00-8:00am Deep H2O Running 9:00-10:00am Aquafit Shallow 10:00-10:45am Gentle Waves 7:15-8:00pm H2O Turbo Bootcamp	8:00-9:00am Aquafit Deep 9:00-10:00am Aquafit Deep	7:00-8:00am Deep H2O Running 9:00-10:00am Aquafit Shallow 10:00-10:45am Gentle Waves	8:00-9:00am Aquafit Deep 9:00-10:00am Aquafit Deep	9:10-10:00am Aquafit Shallow	

Admission to Aquafit:

- Included in your **MYPASS**
- Pay drop-in admission at the facility: **Adult \$7 / Senior \$6 / Teen \$5.25 / Child \$4.25**



Aquafit Schedules

AQUAFIT	Aquafit is a low-impact, self-paced class, suited to all levels. Experience a variety of movements and training techniques designed to improve muscle strength, aerobic fitness, flexibility, balance, core stabilization and posture. Shallow is done with the support of the pool bottom, Deep is done with a flotation device so participants are suspended in water and unable to touch the bottom. If Deep or Shallow is not specified, either option is available.
GENTLE WAVES	A fitness class at a gentle pace for people just starting a fitness program and wanting to ease in, those with arthritis or other joint concerns, or just wanting a shorter length of exercise time.
DEEP H2O RUNNING	Deep water running is a great form of cross training, excellent to deal with and prevent injuries due to impact on hard surface running. Flotation waist belts available.
H2O TURBO BOOTCAMP	Increase your fitness with this powerful low-to-no impact workout mixing cardio and circuit training. This class will help personal endurance and strength. Excellent for those cross-training and also those wanting to achieve stronger fitness.
AQUA ZUMBA	A fun, low impact, high energy aquafit class themed to Latin and world rhythms. The water medium provides less impact on your joints, and creating a natural resistance for challenging movements to help tone muscles.

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