

# Aquatic Programs

## AQUA FITNESS PROGRAMS

### **PARKINSON'S & MOVEMENT DISORDER THERAPY FITNESS:**

This therapeutic class is for anyone with neuromuscular movement disorders such as MS, Stroke, Huntington's Disease or Parkinson's. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. We suggest participants bring someone who can assist them in the pool, free of charge.

**AQUA ZUMBA®:** A party in the pool! The feel of a tropical destination! Join the party with an effective water-based workout that blend high-energy Zumba® moves with low-impact aqua fitness. It will leave you feeling great!

**DANCE – THE AQUATIC WAY:** Learn skills from ballet, ballroom, latin and jazz. There will be forms of dance that will be exciting for all ages and it can be a great way to burn calories and stay fit. Great for function, balance, posture, flexibility and cardio training! No partner needed.

**AQUA FITNESS:** This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles and dumbbells may be used as well as a variety of intensity levels for all fitness levels. Get ready to dance, jump and splash your way to a healthy lifestyle.

**THERAPY FITNESS:** This class is taught in our Therapy Pool where the water temperature is kept at 92 degrees. The class

focuses on range of motion, flexibility and gentle exercises for muscle tone.

**ARTHRITIS & FIBROMYALGIA FITNESS:** This class is taught in our Therapy Pool where the water temperature is kept at 92 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone specific to participants that have Arthritis or Fibromyalgia.

**DEEP AQUA FITNESS:** This class is taught in the deep end of the Main Pool and is the best class for getting into shape. Stay afloat by using an aqua belt or noodle and feel your muscles burn!

**AQUA MIND & BODY:** This class taught in the therapeutic pool will explore movements taken from the disciplines of Tai Chi, Yoga or Pilates to help control breathing, increase flexibility, core stability, coordination, and muscular endurance. Enhance your posture using the relaxing and healing properties of water.

**AQUA CROSS TRAINING:** This class is taught in the main pool and you will use steps, gloves, fins and receive a full body workout including increasing balance, strength and flexibility.

**CRUNCH YOUR LUNCH:** Come at lunch time and workout your full body by using your core muscles.





## FALL AQUA FITNESS PROGRAMS

**Location:** Quinte Sports & Wellness Centre – Templeman Aquatic Centre

### Aqua Fitness Payment Options

Payment Type	Cost
<b>Session Pass</b>	\$214.50 (+hst) unlimited classes for the whole session – come to any of our pool fitness classes Shortcode: 1711
<b>Drop-in per visit</b>	\$9.60/class (includes hst)
<b>10 visit pack</b>	\$87.80 (+hst) for 10 classes

Date	Program	Time	Start	End	# Classes	Cost	No Classes	Shortcode	Instructor
Sun.	Aqua Cross Training	11:00-11:55	Sept. 23rd	Dec. 16th	10	\$72.50	Oct. 7th, Nov. 11th, Nov. 25th	1477	Monica
Sun.	Aqua Mind & body	12:15-13:00	Sept. 23rd	Dec. 16th	10	\$72.50		1478	Monica
Mon.	Aqua Fitness	09:00-09:55	Sept. 17th	Dec. 17th	13	\$94.25	Oct. 8th	1051	Melody
Mon.	Aqua Fitness	10:00-10:55	Sept. 17th	Dec. 17th	13	\$94.25		1052	Melody
Mon.	Deep Aqua Fitness	12:00-12:45	Sept. 17th	Dec. 17th	13	\$94.25		1071	Melody
Mon.	Arthritis & Fibromyalgia Fitness	13:05-13:50	Sept. 17th	Dec. 17th	13	\$94.25		1075	Melody
Mon.	Therapy Fitness	16:00-16:55	Sept. 17th	Dec. 17th	13	\$94.25		1077	Deborah/ Lorri
Mon.	Aqua Fitness	19:05-20:00	Sept. 17th	Dec. 17th	13	\$94.25		1054	Lorri
Tues.	Aqua Fitness	08:00-08:45	Sept. 18th	Dec. 18th	14	\$101.50		None	1078
Tues.	Therapy Fitness	09:00-09:55	Sept. 18th	Dec. 18th	14	\$101.50	1079		Melody
Tues.	Dance – The Aquatic Way	10:50-11:45	Sept. 18th	Dec. 18th	14	\$101.50	1080		Marek
Tues.	Aqua Fitness	12:00-12:45	Sept. 18th	Dec. 18th	14	\$101.50	1081		Lorri
Tues.	Deep Aqua Fitness	17:00-17:55	Sept. 18th	Dec. 18th	14	\$101.50	1082		Brenda
Tues.	Deep Aqua Fitness	18:00-18:55	Sept. 18th	Dec. 18th	14	\$101.50	1083		Brenda
Wed.	Aqua Fitness	09:00-09:55	Sept. 19th	Dec. 19th	14	\$101.50	None	1084	Lorri
Wed.	Aqua Fitness	10:00-10:55	Sept. 19th	Dec. 19th	14	\$101.50		1085	Melody
Wed.	Aqua Fitness	12:00-12:45	Sept. 19th	Dec. 19th	14	\$101.50		1086	Melody
Wed.	Arthritis & Fibromyalgia Fitness	16:00-16:45	Sept. 19th	Dec. 19th	13	\$94.25	Oct. 31st	1087	Melody
Thurs.	Aqua Fitness	08:00-08:45	Sept. 20th	Dec. 20th	14	\$101.50	None	1088	Melody
Thurs.	Therapy Fitness	09:05-10:00	Sept. 20th	Dec. 20th	14	\$101.50		1090	Melody
Thurs.	Parkinson's	10:30-11:00	Sept. 20th	Dec. 20th	14	\$66.50		1091	Melody
Thurs.	Therapy Fitness	13:05-13:50	Sept. 20th	Dec. 20th	14	\$101.50		1092	Laura
Thurs.	Crunch Your Lunch	12:00-12:45	Sept. 20th	Dec. 20th	14	\$101.50		1093	Brenda
Thurs.	Aqua Fitness	19:05-20:00	Sept. 20th	Dec. 20th	14	\$101.50		1094	Brenda
Fri.	Aqua Fitness	09:00-09:55	Sept. 21st	Dec. 21st	14	\$101.50	None	1095	Nancy/ Lorri
Fri.	Aqua Fitness	10:00-10:55	Sept. 21st	Dec. 21st	14	\$101.50		1096	Nancy/ Lorri
Fri.	Aqua Zumba	12:00-12:45	Sept. 21st	Dec. 21st	14	\$101.50		1098	Brenda

*Please note instructor schedules may change. Please check your receipt and posted notices for cancellations*