

Aquatic Programs

SPRING 2019 AQUA FITNESS PROGRAMS

Location: Quinte Sports & Wellness Centre – Templeman Aquatic Centre

Aqua Fitness Payment Options

Payment Type	Cost
Session Pass	\$223.74 unlimited classes for the whole session – come to any of our pool fitness classes Shortcode: 1872
Drop-in per visit	\$10.00/class (includes hst)
10 visit pack	\$90.00 for 10 classes (includes hst)

Date	Program	Time	Start	End	# Classes	Cost	No Classes	Shortcode	*Instructor
Sun	Aqua Cross Training	11:00 - 11:55am	April 14	June 23	9	\$76.50	April 21 May 19	1479	Monica
Sun	Aqua Mind & body	12:15 - 1:00pm	April 14	June 23	9	\$76.50		1480	Monica
Mon	Aqua Fitness	9:00 - 9:55am	April 8	June 24	10	\$85.00	April 22 May 20	1100	Melody
Mon	Aqua Fitness	10:00 - 10:55am	April 8	June 24	10	\$85.00		1102	Melody
Mon	Deep Aqua Fitness	12:00 - 12:45pm	April 8	June 24	10	\$85.00		1110	Melody
Mon	Arthritis & Fibromyalgia Fitness	1:05 - 1:50pm	April 8	June 24	10	\$85.00		1134	Melody
Mon	Therapy Fitness	5:00 - 5:55pm	April 8	June 24	10	\$85.00		1124	Deborah/ Lorri
Mon	Aqua Fitness	7:05 - 8:00pm	April 8	June 24	10	\$85.00		1106	Lorri
Tues	Aqua Fitness	8:00 - 8:45am	April 9	June 18	11	\$93.50		None	1109
Tues	Therapy Fitness	9:00 - 9:55am	April 9	June 18	11	\$93.50	1126		Melody
Tues	Walk and Stretch	10:55 - 11:40am	April 9	June 18	11	\$93.50	3086		Marek
Tues	Aqua Fitness	12:00 - 12:45pm	April 9	June 18	11	\$93.50	1111		Lorri
Tues	Deep Aqua Fitness	5:00 - 5:55pm	April 9	June 18	11	\$93.50	1112		Brenda
Tues	Deep Aqua Fitness	6:00 - 6:55pm	April 9	June 18	11	\$93.50	1113		Brenda
Wed	Aqua Fitness	9:00 - 9:55am	April 10	June 19	11	\$93.50	None	1114	Lorri
Wed	Aqua Fitness	10:00 - 10:55am	April 10	June 19	11	\$93.50		1115	Melody
Wed	Aqua Fitness	12:00 - 12:45pm	April 10	June 19	11	\$93.50		1117	Melody
Wed	Arthritis & Fibromyalgia Fitness	4:00 - 4:45pm	April 10	June 19	11	\$93.50		1137	Melody
Thurs	Aqua Fitness	8:00-8:45am	April 11	June 20	11	\$93.50	None	1118	Melody
Thurs	Therapy Fitness	9:05 - 10:00am	April 11	June 20	11	\$93.50		1127	Melody
Thurs	Parkinson's	10:30-11:00AM	April 11	June 20	11	\$93.50		1130	Melody
Thurs	Therapy Fitness	1:05 - 1:50pm	April 11	June 20	11	\$93.50		1132	Lorri/ Deborah
Thurs	Crunch Your Lunch	12:00 - 12:45pm	April 11	June 20	11	\$93.50		1140	Brenda
Thurs	Aqua Fitness	7:05 - 8:00pm	April 11	June 20	11	\$93.50		1120	Brenda
Fri	Aqua Fitness	9:00 - 9:55am	April 12	June 21	10	\$85.00	April 19	1121	Lorri
Fri	Zumba	12:00 - 12:45pm	April 12	June 21	10	\$85.00		1139	Brenda

**Please note instructor schedules may change*