



AQUA FITNESS PROGRAMS

PARKINSON'S & MOVEMENT DISORDER THERAPY FITNESS:

This therapeutic class is for anyone with neuromuscular movement disorders such as MS, Stroke, Huntingtons Disease or Parkinson's. This class will work on slow movements, increasing balance and will utilized 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 FITNESS & SENIOR'S 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 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone.

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.

AQUA ZUMBA®:

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

ARTHRITIS & FIBROMYALGIA FITNESS:

This class is taught in our Therapy Pool where the water temperature is kept at 90 degrees. The class focuses on range of motion, flexibility and gentle exercises for muscle tone specific to participants that have Arthritis or Fibromyalgia.



**Registration for Fall and Winter Aquatic Programs:
The Week of August 26th, 2019**

FALL 2019 AQUA FITNESS PROGRAMS

Location: Quinte Sports & Wellness Centre – Templeman Aquatic Centre

Aqua Fitness Payment Options

Payment Type	Cost
Session Pass	\$284.76 unlimited classes for the whole session – come to any of our pool fitness classes Barcode: 1872 (includes hst)
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	Sept. 22nd	Dec. 15th	11	\$93.50	Oct. 13th Nov 24th	1479	Monica
Sun	Aqua Mind & body	12:15-13:00PM	Sept. 22nd	Dec. 15th	11	\$93.50		1480	Monica
Mon	Aqua Fitness	9:00-9:55AM	Sept. 16th	Dec.16th	12	\$102.00	Oct. 14th Nov 11th	1100	Melody
Mon	Aqua Fitness	10:00-10:55AM	Sept. 16th	Dec.16th	12	\$102.00		1102	Melody
Mon	Deep Aqua Fitness	12:00-12:45PM	Sept. 16th	Dec.16th	12	\$102.00		1110	Melody
Mon	Arthritis & Fibromyalgia Fitness	1:05-1:50PM	Sept. 16th	Dec.16th	12	\$102.00		1134	Melody
Mon	Therapy Fitness	5:00-5:55PM	Sept. 16th	Dec.16th	12	\$102.00		1124	Deborah/ Lorri
Mon	Aqua Fitness	7:05-8:00PM	Sept. 16th	Dec.16th	12	\$102.00		1106	Lorri
Tues	Aqua Fitness	8:00-8:45AM	Sept.17th	Dec.17th	14	\$119.00	Nov 26th Closed 11-5pm	1109	Melody
Tues	Therapy Fitness	9:00-9:55AM	Sept.17th	Dec.17th	14	\$119.00		1126	Melody
Tues	Aqua Fitness	12:00-12:45PM	Sept.17th	Dec.17th	13	\$110.50		1111	Lorri
Tues	Deep Aqua Fitness	5:00-5:55PM	Sept.17th	Dec.17th	14	\$119.00		1112	Brenda
Tues	Deep Aqua Fitness	6:00-6:55PM	Sept.17th	Dec.17th	14	\$119.00		1113	Brenda
Wed	Aqua Fitness	9:00-9:55AM	Sept. 18th	Dec. 18th	14	\$119.00		1114	Lorri
Wed	Aqua Fitness	10:00-10:55AM	Sept. 18th	Dec. 18th	14	\$119.00		1115	Melody
Wed	Aqua Fitness	12:00-12:45PM	Sept. 18th	Dec. 18th	14	\$119.00		1117	Melody
Wed	Parkinson's	1:30-2:00PM	Sept. 18th	Dec. 18th	14	\$89.18		4511	Melody
Thurs	Aqua Fitness	8:00-8:45AM	Sept. 19th	Dec. 19th	14	\$119.00		1118	Melody
Thurs	Therapy Fitness	9:05-10:00AM	Sept. 19th	Dec. 19th	14	\$119.00		1127	Melody
Thurs	Therapy Fitness	1:05-1:50PM	Sept. 19th	Dec. 19th	14	\$119.00		1132	Lorri/ Deborah
Thurs	Aqua Fitness	7:05-8:00PM	Sept. 19th	Dec. 19th	13	\$110.50	Oct. 31st	1120	Brenda
Fri	Aqua Fitness	9:00-9:55AM	Sept. 20th	Dec. 20th	14	\$119.00		1121	Lorri
Fri	Zumba	12:00-12:45PM	Sept. 20th	Dec. 20th	14	\$119.00		1139	Brenda

Please note instructor schedules may change. Check out our Special Christmas Break Aqua Fitness Schedule.