

Aqua Fitness Programs

Aqua Fitness Programs
September 16 to December 15, 2024



Quinte Sports and Wellness Centre
265 Cannifton Rd., Belleville, ON



We offer a variety of Aqua Fitness classes to choose from!

Aqua Cross Training

This class is taught in our Main Pool and offers a full body workout. Equipment such as pool noodles, steps, gloves, fins and dumbbells may be used. You must be comfortable in deep water to register for this program.

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!

Aqua Mind and Body

This class taught in the Therapy 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.

Diaper Fitness

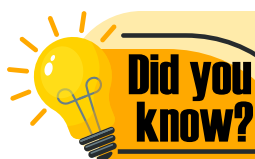
This class is for moms who want to bring their babies while they work out to stay fit. In this 30 minute class, your babies will get to enjoy their time in our floating dolphin boats while you work out in our Therapy Pool with them.

Parkinson's Aquatic 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.

Therapy Fitness

This therapeutic class is for people who want the benefits from the warm water temperatures while doing a water walking and stretch class. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during the class. Stretches will be active, focusing on therapeutic muscles moves.



Check on program availability in real-time online at QSWC.ca or add yourself to class waitlists (where applicable) so you don't miss out on your favourite classes!



**Aqua Fitness
Classes**

\$10.50/class

or Session Pass

\$338.00

Pre-registration is required for all recreational swims.

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Registration opens:
September 3 for City Residents/Taxpayers
September 6 for Non-City Residents/Taxpayers

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Classes**
\$10.50/class
or Session Pass
\$338.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Aqua Fitness 9:00-9:50am	Aqua Fitness 8:00-8:50am	Aqua Fitness 9:00-9:50am	Aqua Fitness 8:00-8:50am	
Aqua Cross Training 11:00-11:50am	Aqua Fitness 10:00-10:50am	Therapy Fitness 9:00-9:50am	Aqua Fitness 10:00-10:50am	Therapy Fitness 9:00-9:50am	Aqua Fitness 9:00-9:50am
Aqua Mind & Body 12:10-12:55pm	Therapy Fitness 2:00-2:50pm	Therapy Fitness 10:00-10:50am	Parkinson's Aquatic Therapy Fitness* 1:30-2:00pm <small>*(not included in Aqua fitness pass)</small>	Therapy Fitness 10:00-10:50am	Aqua Fitness 10:00-10:50am
		Aqua Fitness 6:00-6:50pm		Aqua Fitness 7:00-7:50pm	
No classes: September 30, October 12 - October 14, October 31 (after 4:00pm), November 11, November 24					

Aqua Fitness Session Pass
If you're attending more than three aqua fit classes per week, consider purchasing a session pass for \$338.00.

Pre-registration is required for all aqua fitness classes, even those with a session pass.

