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TOWN OF AURORA  
 Aurora Family Leisure Complex / Stronach Aurora Recreation Complex

## Aquafit Class Schedule

April 1 to 30, 2019



Please see Easter Holiday Flyer (April 19 to 22) for operating hours and modified class schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:05 to 9:50 a.m. AQUA FITNESS <b>SARC</b>	9:05 to 9:50 a.m. AQUA FITNESS <b>SARC</b>	9:05 to 9:50 a.m. AQUA FITNESS <b>SARC</b>	9:05 to 9:50 a.m. AQUA FITNESS <b>SARC</b>	9:05 to 9:50 a.m. AQUA FITNESS <b>SARC</b> No class April 19	9:35 to 10:20 a.m. AQUA FITNESS <b>AFLC</b>
9:55 to 10:40 a.m. AQUA FITNESS <b>SARC</b>	9:55 to 10:40 a.m. AQUA FITNESS <b>SARC</b>	9:55 to 10:40 a.m. AQUA FITNESS <b>SARC</b>	9:55 to 10:40 a.m. AQUAFIT LEISURE <b>SARC</b>	9:55 to 10:40 a.m. AQUA FITNESS <b>SARC</b> No class April 19	<b>NOTES</b> <b>Aquafitness Class Fees (all fees include HST)</b> Adult single class \$7.80 Older Adult* single class \$6.05 Adult ten tickets \$60.95 Older Adult* ten tickets \$47.90 * Age 55 plus  <b>Aqua Leisure Fees *(all fees include HST)</b> Single Visit \$3.55 10 visits \$26.20  <b>Class Intensity Levels</b> Unless otherwise specified, all classes are taught at a level suitable for all levels of participants.   <b>Heart Wise Exercise®</b> All Aquafit classes are approved Heart Wise programs  ❖ Prices subject to change effective February 1, 2019
10:00 to 10:45 a.m. PARENT/TOT AQUAFIT (PR) - <b>AFLC</b> March 18 to June 10					
1:05 to 2:05 p.m. AQUA BOOT CAMP <b>SARC</b>	1:05 to 1:50 p.m. AQUA FITNESS <b>AFLC</b>	1:05 to 2:05 p.m. AQUA BOOT CAMP <b>SARC</b>	1:05 to 1:50 p.m. AQUA FITNESS <b>AFLC</b>		
	1:55 to 2:40 p.m. ARTHRITIS AQUAFIT (PR) - <b>AFLC</b> March 19 to June 4		1:55 to 2:40 p.m. ARTHRITIS AQUAFIT (PR) - <b>AFLC</b> March 21 to June 6		
7:45 to 8:30 p.m. AQUA FITNESS <b>AFLC</b>	7:45 to 8:30 p.m. AQUA FITNESS <b>AFLC</b>	7:45 to 8:30 p.m. AQUA FITNESS <b>AFLC</b>	7:45 to 8:30 p.m. AQUA FITNESS <b>AFLC</b>		

Please note: Instructors are subject to change based on availability. Schedule is subject to change during session. Please check for any possible changes at Reception.

<b>PR</b>	Classes are by <b>Pre-registration</b> only. Please see the current Community Services Program Guide for further details on applicable program fees. Classes will be cancelled if insufficient registration received one week prior to program start date.	
<b>SARC</b>	Classes located at the Stronach Aurora Recreation Complex, 1400 Wellington Street East.	<b>Revised Tuesday, April-09-19</b>
<b>AFLC</b>	Classes located at the Aurora Family Leisure Complex, 135 Industrial Parkway North.	



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DROP IN PROGRAMS	SPECIALTY PROGRAMS
<p><b>AQUAFITNESS:</b> Explore the dimensions of aquatic exercise. This low impact exercise class conducted in both shallow and deep water provides a moderate to high energy, total body conditioning workout. It is suitable to all ages, skill and fitness levels. Buoyancy belts are recommended and available.</p>	<p><b>AQUA THERAPY:</b> This program, completed exclusively in our warm water therapy pool, is designed to be gentle on joints while focusing on muscular conditioning, improving strength, balance and flexibility. The program is designed to allow participants to stay active, reduce chronic pain and aid in preventing future injuries.</p>
<p><b>AQUA BOOT CAMP:</b> Aqua Boot Camp is a high intensity, fun and energizing, multi-purpose workout in the water that will challenge your cardiovascular endurance, muscular strength, and cross-training ability.</p>	<p><b>ARTHRITIS AQUAFIT:</b> This specialty class is geared towards those who suffer from arthritis. The objective of the recreational exercises is to reduce overall pain levels, and help maintain or increase joint mobility, muscular strength and endurance.</p>
<p><b>AQUA DEEP:</b> This low impact class is conducted exclusively in deep water. This class provides a moderate to high energy, total body conditioning workout. It is suitable to all ages, skill and fitness levels. Buoyancy belts are a must and are available.</p>	<p><b>AQUAFIT LEISURE*</b>          No instructor? No problem. We have set aside 45 minutes for you to enjoy the pool at your leisure and continue with your aquafit exercises. No instructor will be available to teach a class. Drop in fees as listed on schedule, apply for non-members.</p>
<p><u>Please Note:</u> Our best effort is made to provide you with the most accurate information at the time of printing. However schedules are subject to change. We reserve the right to withdraw, postpone, cancel or combine classes, limit registration or change instructors. Please check with Reception for any changes.</p>	