



Aquafit Schedule

See <http://www.recreation.oakbay.ca/schedules.html> for pool schedule changes

Aquafit - Oak Bay Recreation Centre						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Water 6:45-7:45am		Deep Water 6:45-7:45am		Deep Water 6:45-7:45am		
Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am	Shallow Water 7:45-8:45am
*Water Works 10-11am	Baby & Me 9:30-10:15am	*Water Works 10-11am			Aqua-fit-Palooza Thursday, September 9 6:30 - 8pm Free Drop-in Aqua Fit event	
50 & Better 11am-Noon	Shallow Water 10:30-11:30am	50 & Better 11am-Noon	Shallow Water 10:30-11:30am	50 & Better 11am-Noon		
Shallow Water 1:45-2:45pm	50 & Better 1:45-2:45pm	Shallow Water 1:45-2:45pm	50 & Better 1:45-2:45pm	Water Works* Noon-1 pm		
Deep Water 6:30-7:30pm		Deep Water 6:30-7:30pm	Limited classes on statutory holidays *registered course			

50 & BETTER AQUA FIT

M/W/F 11am-noon Tu/Th 1:45-2:45pm

A mild to moderate workout designed for those aged 50 & better. Work on strength, flexibility and range of motion while increasing your cardio stamina.

DEEP WATER AQUA FIT

M/W/F 6:45-7:45am M/W 6:30-7:30pm

Work on core stability while getting an excellent cardio and strength workout. This class uses weight belts, foam dumb bells and noodles for a no-impact, high energy workout. This class is a moderate to intense level. Comfort in deep water is required.

SHALLOW WATER AQUA FIT

Daily 7:45- 8:45am, Tu/Th 10:30-11:30am &

M/W 1:45- 2:45pm.

Get moving with 60 minutes of moderate level aquatic exercises. Noodles, foam dumb bells and other equipment may be used to improve strength, flexibility and stamina.

Aquatic Exercise classes focus on utilizing the properties of water to create an environment that minimizes stress and strain on joints while meeting personal fitness needs.

An excellent exercise option for those in various stages of pregnancy.

WATER WORKS

19 yrs & up

This class is ideal for anyone suffering from joint pain. The gentle exercises will work your muscles, increase your range of motion and ease your pain. Class begins in chest deep water and in the main pool and winds up in the warm pool.

Fall

94358	Mon	10-11am	Sep 13-Dec 13	13/\$65
94359	Wed	10-11am	Sep 15-Dec 15	14/\$70
94360	Fri	12-1pm	Sep 17-Dec 17	14/\$70

Winter

95208	Mon	10-11am	Jan 10-Mar 7	9/\$45
95209	Wed	10-11am	Jan 12-Mar 9	9/\$45
95210	Fri	12-1pm	Jan 14-Mar 1 1	9/\$45

Spring

95211	Mon	10-11am	Mar 28-May 16	7/\$35
95212	Wed	10-11am	Mar 30-May 25	9/\$45
95213	Fri	12-1pm	Apr 1-May 27	8/\$40

BE SURE TO PICK UP YOUR RECREATION OAK BAY PROGRAM GUIDES. AVAILABLE NOW!



**Oak Bay Recreation Centre
1975 Bee Street, Victoria B.C.**

250-595-SWIM

www.recreation.oakbay.ca