

26 Fitness & Wellness Aquafit

15yrs+

Fall: 10 classes \$79.08 Winter: 9 classes \$71.17 (Monday classes in Winter Session are 8 weeks: \$63.26)

Aquafit - Deep Water 🍁

An excellent fitness class in the water for all age groups! Instructors are trained in the latest techniques in providing safe aquatic exercises to improve flexibility, aerobic capacity, muscular strength and endurance. Deep-water participants must be comfortable in deep water.

Civic Recreation Complex

Day	Start	Time	Code
Mon	Oct 3	10:00am - 10:45am	167303
Tue	Oct 4	10:00am - 10:45am	167305
Tue	Oct 4	8:15pm - 9:00pm	167304
Fri	Oct 7	10:00am - 10:45am	167306
Mon	Jan 9	10:00am - 10:45am	167619
Tue	Jan 10	10:00am - 10:45am	167621
Tue	Jan 10	8:15pm - 9:00pm	167620
Fri	Jan 13	10:00am - 10:45am	167622

South Oshawa Community Centre

Day	Start	Time	Code
Mon	Oct 3	9:45am - 10:30am	168652
Wed	Oct 5	9:45am - 10:30am	168653
Fri	Oct 7	9:45am - 10:30am	168654
Mon	Jan 9	9:45am - 10:30am	168664
Wed	Jan 11	9:45am - 10:30am	168665
Fri	Jan 13	9:45am - 10:30am	168666

Aquafit - Shallow Water 🍁

An excellent fitness class in the water! Components include a warm-up, aerobics, muscle conditioning exercises and a cool down. Water exercise exerts less impact on the joints and is suitable for swimmers and non-swimmers, men and women. All of these programs are also available on a Pay As You Go basis, however space may be limited and is subject to availability.

Civic Recreation Complex

Day	Start	Time	Code
Thu	Oct 6	10:00am - 10:45am	167297
Thu	Oct 6	8:15pm - 9:00pm	167296
Thu	Jan 12	10:00am - 10:45am	167618
Thu	Jan 12	8:15pm - 9:00pm	167617

Donevan Recreation Complex

Day	Start	Time	Code
Mon	Oct 3	10:00am - 10:45am	165739
Mon	Oct 3	8:15pm - 9:00pm	165740
Wed	Oct 5	10:00am - 10:45am	165741
Fri	Oct 7	10:00am - 10:45am	165745
Mon	Jan 9	10:00am - 10:45am	165746
Mon	Jan 9	8:15pm - 9:00pm	165747
Wed	Jan 11	10:00am - 10:45am	165748
Fri	Jan 13	10:00am - 10:45am	165752

Aquafit - Shallow Water 🍁 continued

South Oshawa Community Centre

Day	Start	Time	Code
Mon	Oct 3	9:00am - 9:45am	168657
Wed	Oct 5	9:00am - 9:45am	168660
Fri	Oct 7	9:00am - 9:45am	168661
Mon	Jan 9	9:00am - 9:45am	168668
Wed	Jan 11	9:00am - 9:45am	168669
Fri	Jan 13	9:00am - 9:45am	168670

Legends Centre

Day	Start	Time	Code
Oct 4		9:00am - 9:45am	170889
Oct 5		9:00am - 9:45am	170890
Oct 5		9:45am - 10:30am	170895
Oct 5		8:00pm - 8:45pm	170910
Oct 6		9:00am - 9:45am	170891
Oct 7		9:00am - 9:45am	170892
Jan 10		9:00am - 9:45am	170904
Jan 11		9:00am - 9:45am	170905
Jan 11		9:45am - 10:30am	170906
Jan 11		8:00pm - 8:45pm	170909
Jan 12		9:00am - 9:45am	170907
Jan 13		9:00am - 9:45am	170908

Aquafit - Stretch

This class is designed for people who wish to stay fit and exercise in warm water. The class consists of a long warm up, safe movements to help tone muscle, and a long stretch will end the class.

Legends Centre

Day	Start	Time	Code
Wed	Oct 5	1:00pm - 1:45pm	170893
Fri	Oct 7	9:45am - 10:30am	170894
Wed	Jan 11	1:00pm - 1:45pm	170911
Fri	Jan 13	9:45am - 10:30am	170912

For more Aquafitness options please refer to page 30 for Specialty Aquafit programs:

- Aquafit - Tai Chi
- Aquafit - Therapy
- Aquafit - Yoga
- Aquafit - Zumba®



The benefits of exercise in water are endless...

Studies have proven that, with regular water exercise, there is a significant increase in muscle strength and endurance, flexibility, cardio-respiratory conditioning and decreased body fat.

Canadian Aquafitness Leaders Alliance