

# North Peace Leisure Pool Fitness



## Aqua Fitness Schedule January 2 - March 31, 2022

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Deep</b>		7:45 - 8:30pm				9:30 - 10:15am	1 - 1:45pm
<b>Shallow</b>		9:30 - 10:15am		9:30 - 10:15am 7:45 - 8:30pm			
<b>Float</b>	12 - 12:45pm		7:45 - 8:30pm		7:45 - 8:30pm		
<b>Cycle</b>		6:45 - 7:30am	6:45 - 7:30am	6:45 - 7:30am	6:45 - 7:30am	6:45 - 7:30am	
<b>Tots</b>			9 - 9:45am		9 - 9:45am		
<b>Stretch</b>			11 - 11:45am		11 - 11:45am		
<b>Low</b>		11 - 11:45am		11 - 11:45am		11 - 11:45am	
<b>Stroke Correction</b>							12 - 12:30pm

*Pre-registration is required for all fitness programming. Proof of Vaccination is required for those 12+ in all Aquatic Fitness Classes. Schedules are subject to change without notice.*

### Aqua Deep/Shallow

This class is aimed to give you a full body work-out with focusing on cardio and balance.

### Aqua Float

This features exercise on AquaBases! Similar to a paddle board or floating yoga mat, this class really works to develop your core strength, cardiovascular endurance and flexibility.

### Aqua Cycle

A low impact, low resistance, intense workout on stationary spin bikes. Bring water shoes for the ride!

### Aqua Tots

A 30 minute postnatal fitness class followed by 15 minutes of free time. Introduce infants to the water and socialize with other parents while bringing fitness back into your routine. Suitable for ages 4 months to 2 years.

### Aqua Stretch

Takes place in the warm Leisure Pool and has a focus on balance and range of motion.

### Aqua Low

Held in the shallow end of our lap pool, this class is a full body work-out with low intensity movements.

### Stroke Correction

An instructor will help maximize your stroke efficiency/ endurance to complete a preplanned lap swim workout.

### Drop-in Pool Fitness Rates

ALL FEES ARE +TAX

	DROP-IN	VISIT PASS (6)	VISIT PASS (12)
YOUTH AQUAFIT	\$4.00	\$20.00	\$40.00
ADULT AQUAFIT	\$7.00	\$35.00	\$70.00
SENIOR AQUAFIT	\$5.00	\$25.00	\$50.00

### Monthly Pool Fitness Pass Rates

ALL FEES ARE +TAX

	1 MO.	3 MO.	6 MO.	12 MO.
YOUTH AQUAFIT	\$40.00	\$114.00	\$216.00	\$422.40
ADULT AQUAFIT	\$70.00	\$199.50	\$378.00	\$736.20
SENIOR AQUAFIT	\$50.00	\$142.50	\$270.00	\$528.00

