

# North Peace Leisure Pool Fitness



## Aqua Fitness Schedule July 2 - September 2, 2023

Pre-registration is required for Aqua Tots and Fitness Swimmer. Schedules are subject to change without notice.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aqua Deep</b>	9:15 - 10am					9 - 9:45am	
<b>Aqua Shallow</b>		9 - 9:45am		9 - 9:45am	8:15 - 9pm		9:15 - 10am
<b>Aqua Tots</b>							10 - 10:45am
<b>Aqua Cycle</b>		6:45 - 7:30am	6:45 - 7:30am 8:15 - 9pm	6:45 - 7:30am	6:45 - 7:30am	6:45 - 7:30am	
<b>Aqua Low</b>		11 - 11:45am		11 - 11:45am		11 - 11:45am	
<b>Aqua Stretch</b>			9 - 9:45am		9 - 9:45am		
<b>Fitness Swimmer</b>	10 - 10:45am						

### Aqua Deep/Shallow (Lap Pool)

This class aims to give you a full body work-out while focusing on cardio and balance.

### Aqua Cycle (Leisure Pool)

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

### Fitness Swimmer (Lap Pool)

For swimmers of any age who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on accepted training principles and practices including interval training. Recommended be able to swim 25m without stopping.\*Registration required

### Aqua Stretch (Leisure Pool)

Takes place in the warm leisure pool and has a focus on balance and range of motion.

### Aqua Low (Lap Pool)

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

### Aqua Tots (Leisure Pool)

This postnatal class helps introduce baby (4months +) to the water while you get to socialize with others and bring fitness back into your life. Held in the leisure pool, this class gets you moving followed by group water activities for baby.

## 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	\$4.00	\$20.00	\$40.00

## 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	\$40.00	\$114.00	\$216.00	\$422.40

