

Advance registration is required. Registration can be completed [online](#) or by calling 604-987-7529.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquafit Shallow 8:00-8:45am Tank Shallow Brigitte L	Aquafit Deep 8:15-9:00am Lane 1 Mary Jane P	Aquafit Deep 8:00-8:45am Lane 1 Janka C	Aquafit Deep 8:15-9:00am Lane 1 Mary Jane P	Aquafit Shallow 8:00-8:45am Tank Shallow Janka C		Muscle Fusion 9:15-10:15am Windsor Room Elena V
Aquafit Deep 8:00-8:45am Lane 1 Brigitte L	Cardio 2 9:00-10:00am Windsor Room Sally D	Aquafit Shallow 8:00-8:45am Tank Shallow Janka C	Step 2 9:05-10:05am Windsor Room Ashifa S	Aquafit Deep 8:00-8:45am Tank Shallow Janka C		
Masters Swim 2 10:00-11:00am Lane 2 John M	Masters Swim 1 9:30-10:30am Lane 4 John M	Masters Swim 2 10:00-11:00am Lane 1 John M	Masters Swim 1 9:30-10:30am Lane 5 John M	Stretch Flow 9:15-10:15am Windsor Room Annie M		
Masters Swim 2 7:30-8:30pm Lane 3 John M	Aquafit Deep 7:00-7:45pm Lane 1 Mary Jane P	Yoga Fusion 6:00-7:00pm Windsor Room Lesley P	Aquafit Deep 7:00-7:45pm Lane 1 Mary Jane P	Masters Swim 2 10:00-11:00am Lane 1 John M		
Stretch Flow 6:00-7:00pm Windsor Room Annie M		Masters Swim 2 7:30-8:30pm Lane 4 John M				
Self-Direct Spin 7:00-8:15am	Self-Direct Spin 7:00-8:15am	Self-Direct Spin 7:00-8:15am	Self-Direct Spin 7:00-8:15am	Self-Direct Spin 7:00-8:15am		

Drop-ins are not possible to enable contact tracing and physical distancing. Schedule subject to change without notice.

**HOLIDAY SCHEDULE ON STAT HOLIDAYS.**

Class Descriptions	
	Level 1 = Mild    Level 2 = Moderate    Level 3 = Intense
<b>Muscle Fusion 1/2/3</b>	A total body muscle conditioning class. Steps, tubing or hand weights may be used.
<b>Muscle Fusion Core 1/2/3</b>	Focusing on strengthening your core and supporting musculature of the lower limbs. Resistance training equipment and steps may be used.
<b>Cardio 1/2/3</b>	This class incorporates traditional choreography of moderate to high intensity, high and low impact moves with a variety of conditioning exercises.
<b>Muscle Fusion Ball 1/2/3</b>	A total body muscle conditioning class. Stability balls, bands or weights may be used.
<b>Step 1/2/3</b>	This moderate to advanced step class involves use of the step for a short cardio component and then focus on total body conditioning using weights, gliders, bands, and body weight.
<b>Stretch Flow</b>	Dynamic and static stretches to improve your range of motion and strengthen your full body to improve movement performance.
<b>Yoga Fusion</b>	This flow class will combine traditional yoga with dynamic, static stretches to improve your range of motion and strengthen your full body to improve movement performance.
<b>Bootcamp 2/3</b>	A high intensity class that will challenge you with intervals of cardio and strength training. Steps may be used.