

# AQUA FITNESS

## INDOOR & OUTDOOR | Jul 18 - Sept 5, 2022



We offer Aqua Fitness classes at both the Maple Ridge Leisure Centre's indoor pool (**11925 Haney Place**) as well as at Hammond Outdoor Pool (**20601 Westfield Avenue**). The **HOP** symbol/**blue boxes** indicate our outdoor classes! See our admission rates at [mapleridge.ca/1461](http://mapleridge.ca/1461).

**NOTE | All MRLC classes will be in the Teach Pool.**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:05 AM - 8:50 AM	AQUA MILD		AQUA MILD		CARDIO CURRENT
9:05 AM - 9:50 AM	AQUA CARDIO/ STRENGTH	MAKING WAVES <b>HOP</b>	AQUA CARDIO/ STRENGTH	CARDIO CURRENT <b>HOP</b>	MAKING WAVES
12:00 PM - 12:45 PM	WATER WELLNESS				WATER WELLNESS
1:15 PM - 2:00 PM	AQUA YOGA		AQUA YOGA		
7:05 PM - 7:50 PM		AQUA-BATA		AQUAFIT	
7:30 PM - 8:15 PM	AQUA ZUMBA				

## CLASS DESCRIPTIONS

**AQUA MILD** | A low intensity workout to enjoy some stretching and strengthening of muscles. This low impact water workout will improve muscle tone and overall posture.

**AQUA CARDIO/STRENGTH** | Condition and sculpt your body with combinations of cardiovascular and strength movements.

**CARDIO CURRENT** | Interval training in the water. Combining repetitions of high intensity work followed by periods of recovery.

**MAKING WAVES** | Mix it up in this energetic class, mixing intervals of strength and aerobic exercises.

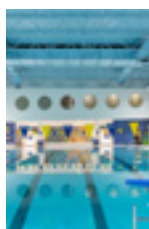
**AQUAFIT** | A workout using water for resistance, toning muscles, and increasing endurance and flexibility.

**AQUA-BATA** | A Tabata inspired workout in the water. Tabata is high intensity interval training with 20 seconds of high intensity movements, followed by 10 seconds of rest. Get your heart rate up and challenge your body.

**AQUA ZUMBA** | A high energy dance-style workout in the pool to Latin music that uses water resistance to tone your muscles.

**WATER WELLNESS** | A combination of gentle yet effective water workout. Through stretching and lighter exercises this class will improve joint mobility, tone muscle and improve overall posture.

**AQUA YOGA** | This is a shallow water class that involves deep stretching and focuses on body alignment and breathing. Aqua Yoga is a class about stretching balance and core strength.



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SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

GENERAL INQUIRIES? | 604-467-7322