

# Aquatic Fitness Class Descriptions

Must be 13 years of age or older to attend these classes.

Fitness Intensity Levels 1 Low 2 Low-Moderate 3 Moderate 4 Moderate-High 5 High

## Drop-in Classes

### AquaFit 45 3

This 45 minute introductory aquatic class offers a low-impact, no bounce cardio workout with a stretch and strength component.

### AquaFit for Life 3

Water training is low impact on joints and is ideal for mature adults. Slower paced than Water-Robics, this class incorporates range of motion with cardiovascular exercises.

### Aqua Zumba® 4

Incorporating the fun and intense dance movements of Zumba® with the gentle support of water, Aqua Zumba® is a high energy class featuring music and unique moves.

### Arthrosize 2

Designed for people with mild to advanced arthritis, this no-bounce class can help relieve stiffness, increase flexibility, and improve strength and endurance.

### Arthrosize Plus 3

This 60 minute class is designed for people with mild arthritis; this no-bounce class can help relieve stiffness, increase core stabilization, balance, and flexibility.

### DeepFit for Life\*\* 3

Slower paced than Deep Water Workout, this class uses specifically designed equipment to maintain buoyancy while you amplify the natural resistance of water.

### Deep Water Combo\*\* 5

Mix up your regime with this combination of Tabata, Boot Camp or Cardio done in deep water. This class will have you feeling a new level of intensity in the water.

### Deep Water Workout\*\* 4

Go deep and experience the exhilaration of aerobic exercise without the impact. Use specifically designed equipment to maintain buoyancy while you amplify the natural resistance of water.

### Express Aquabata 5

Aqua-bata is high-intensity training that produces remarkable results in both aerobic and anaerobic capacity. Each exercise is performed in 20 second intervals with 10 seconds of rest in between.

### Independence in Motion 1 1\*

Focus is on range of motion, flexibility, and strength in this 30 – 45 minute class for individuals requiring assistance to participate due to a stroke or degenerative disease.

### Independence in Motion 2 1\*

For individuals who require limited assistance to participate due to soft tissue injury, degenerative disease, back injury, and/or orthopedic surgery. The focus is range of motion, flexibility, stretching, water walking, and strength.

### Water-Robics 4

This is a low impact, moderate intensity workout that focuses on cardiovascular training, strengthening, and stretching key muscle groups of the body.

### Resistance Water Walking 2

Work out using the natural resistance of the water and currents to strengthen core musculature, increase balance, coordination, and flexibility.

### Water Running 3

Water running is a great non-impact aerobic exercise and is an excellent way to cross-train. Use specifically designed equipment to maintain buoyancy while you amplify the natural resistance of water.

Register for these classes at



### Hip & Knee Introduction 1\*

This is an introductory water-based class designed for participants recovering from hip and/or knee surgery.

### Hip & Knee Conditioning 2\*

Designed to increase the physical functioning of participants recovering from hip and/or knee surgery, this class offers a follow-up to Hip & Knee Introduction and includes an introduction to Water Running.

### Mom & Baby Aquafit 2

Get in shape while spending time with your baby in this class that's perfect for babies and toddlers six months to two years old.

\* Medical referral required.

\*\* Participants must be comfortable in deep water.



### ACUCC

Aldergrove Credit Union Community Centre  
27032 Fraser Highway  
604.857.4299

Mon - Sat 6:30am - 9:30pm  
Sun 7:00am - 9:00pm



### WCB

W.C. Blair Recreation Centre  
22200 Fraser Highway  
604.533.6170

Mon - Fri 6:00am - 10:00pm  
Sat - Sun 6:30am - 10:00pm



### WGC

Walnut Grove Community Centre  
8889 Walnut Grove Drive  
604.882.0408

Every Day 6:00am - 10:00pm



tol.ca/aquafit



The Township of Langley strives to use environmentally responsible methods and materials and encourages its residents to do the same. Please recycle.

PR19-531

# Aquatic Fitness Schedule

Fall 2019  
September 3 - December 21



Est. 1873

Recreation Culture  
& Parks



Stay ACTIVE | Stay INVOLVED | Stay HEALTHY

tol.ca/aquafit

**Aldergrove Credit Union Community Centre** **ACUCC** 604.857.4299 ♦ Classes are subject to be changed due to weather

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Resistance Water Walking</b> ♦ 6:30 - 7:30am Last class Oct. 8		<b>Resistance Water Walking</b> ♦ 6:30 - 7:30am Last class Oct. 10		
<b>Express Deep Water**</b> 11:00 - 11:45am	<b>Water-Robics</b> ♦ 7:40 - 8:40am Last class Oct. 8	<b>Express Deep Water**</b> 11:00 - 11:45am	<b>Water-Robics</b> ♦ 7:40 - 8:40am Last class Oct. 10		
<b>Express Deep Aquabata**</b> 12:00 - 12:45pm		<b>Express Deep Aquabata**</b> 12:00 - 12:45pm			
<b>Deep Water Workout**</b> 5:15 - 6:15pm Last class Oct. 14	<b>Deep Water Workout**</b> 5:15 - 6:15pm Starting Oct. 15	<b>Deep Water Workout**</b> 5:15 - 6:15pm Last class Oct. 16	<b>Deep Water Workout**</b> 5:15 - 6:15pm Starting Oct. 17		

**W.C. Blair Recreation Centre** **WCB** 604.533.6170

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Deep Water Workout**</b> 8:00 - 9:00am	<b>DeepFit for Life**</b> 8:00 - 9:00am		<b>DeepFit for Life**</b> 8:00 - 9:00am	<b>Deep Water Workout**</b> 8:00 - 9:00am	<b>Deep Water Workout**</b> 8:00 - 9:00am
<b>Deep Water Workout**</b> 9:00 - 10:00am	<b>AquaFit for Life</b> 9:00 - 10:00am	<b>Deep Water Workout**</b> 9:00 - 10:00am	<b>AquaFit for Life</b> 9:00 - 10:00am	<b>Deep Water Workout**</b> 9:00 - 10:00am	
<b>Water-Robics</b> 9:00 - 10:00am		<b>Water-Robics</b> 9:00 - 10:00am		<b>Water-Robics</b> 9:00 - 10:00am	
<b>Aquatic IIM 1</b> 10:30 - 11:15am	<b>Hip and Knee Introduction*</b> 10:00 - 10:30am	<b>Aquatic IIM 2</b> 10:30 - 11:15am	<b>Hip and Knee Introduction*</b> 10:00 - 10:30am	<b>Aquatic IIM 2</b> 10:30 - 11:15am	
<b>Arthrosiz</b> 11:15am - 12:00pm	<b>Hip and Knee Conditioning*</b> 10:40 - 11:25am	<b>Arthrosiz</b> 11:15am - 12:00pm	<b>Hip and Knee Conditioning*</b> 10:40 - 11:25am	<b>Arthrosiz</b> 11:15am - 12:00pm	
<b>AquaFit 45</b> 12:15 - 1:00pm	<b>Arthrosiz Plus</b> 11:30am - 12:30pm	<b>AquaFit 45</b> 12:15 - 1:00pm	<b>Arthrosiz Plus</b> 11:30am - 12:30pm	<b>AquaFit 45</b> 12:15 - 1:00pm	
<b>Deep Water Combo**</b> 6:30 - 7:30 pm		<b>Deep Water Workout**</b> 6:30 - 7:30pm	<b>Water Running**</b> 7:00 - 7:45pm		
	<b>Water-Robics</b> 7:45 - 8:45pm	<b>Aqua Zumba®</b> 7:45-8:45pm	<b>Express Aquabata</b> 7:45 - 8:30pm		

**Walnut Grove Community Centre** **WGC** 604.882.0408 Classes at WGC will begin September 23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Deep Water Workout**</b> 9:00 - 10:00am	<b>AquaFit for Life</b> 8:45 - 9:45am	<b>Water-Robics</b> 9:00 - 10:00am	<b>AquaFit for Life</b> 8:45 - 9:45am	<b>Water-Robics</b> 8:30 - 9:30am	<b>Water-Robics</b> 8:15 - 9:15am No class Nov. 2
<b>Water-Robics</b> 9:00 - 10:00am	<b>DeepFit for Life**</b> 8:45 - 9:45am	<b>Deep Water Workout**</b> 9:00 - 10:00am	<b>DeepFit for Life**</b> 8:45 - 9:45am	<b>Deep Water Workout**</b> 9:00 - 10:00am	
<b>AquaFit 45</b> 10:30 - 11:15am	<b>Express Aquabata</b> 9:50 - 10:35am	<b>AquaFit 45</b> 10:30 - 11:15am	<b>Express Aquabata</b> 9:50 - 10:45am	<b>AquaFit 45</b> 10:30 - 11:15am	
	<b>Aquatic IIM</b> 10:45 - 11:30am		<b>Aquatic IIM</b> 10:45 - 11:30am		
	<b>Express Deep Water Workout**</b> 10:45 - 11:30am		<b>Express Deep Water Workout**</b> 10:45 - 11:30am		
	<b>Arthrosiz</b> 11:30am - 12:15pm		<b>Arthrosiz</b> 11:30am - 12:15pm		
	<b>Mom &amp; Baby Aquafit</b> 11:30am - 12:15pm		<b>Mom &amp; Baby Aquafit</b> 11:30am - 12:15pm		
<b>Deep Water Workout**</b> 7:15 - 8:15pm	<b>Express Aquabata</b> 7:15 - 8:00pm	<b>Deep Water Combo**</b> 7:15 - 8:15pm	<b>Express Aquabata</b> 7:15 - 8:00pm		



**Legend applies to all sites**  
 \*Medical referral required.  
 \*\*Participants must be comfortable in deep water.  
 Registered Classes

Find updated schedules at [tol.ca/aquafit](http://tol.ca/aquafit)

## Admission Fees

Fees are effective September 1, 2019. All prices include taxes.

	Youth 13 - 18 years	Student with valid ID	Adult 19 - 59 years	Senior 60 - 79 years	Family§
<b>Drop-in</b>	3.95	4.45	6.25	4.70	12.25
<b>10-visit card</b>	35.60	40.10	56.30	42.30	110.30
<b>20-visit card</b>	67.20	75.60	106.20	80.00	208.20
<b>1-month Active Pass</b>	43.45	48.45	68.75	51.70	134.75
<b>3-month Active Pass</b>	118.50	133.50	187.50	141.00	367.50
<b>1-year Active Pass</b>	335.75	n/a	531.25	399.50	1041.25

§ A family is a maximum of 5 people; including a combination of parents, guardians, or grandparents with children under the age of 19 years who reside in the same household, with a maximum of 2 adults per family group.