

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

Aqua-bata 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.

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 45 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 Aqua-bata 5

Achieve remarkable results in both aerobic and anaerobic capacity with this 45 minute express class featuring 20 second exercise intervals alternating with 10 seconds of rest.

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.

Water Running 4

A great way to cross train without impact! Use specifically designed equipment to maintain buoyancy while you amplify the natural resistance of water.

Water Walking 2

Join us for this self-led aerobic and calorie burning workout! You can burn up to 550 calories an hour walking in the water, while working both your upper and lower body.

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 3

Be a part of the newest trend in water exercise! Get into shape and spend time with your baby. This class is perfect for babies and toddlers 6 months to 2 years.

Prenatal AquaFit 3

An energizing low-impact aquatic fitness class designed to work the core muscles while providing a challenging cardio workout. A good workout for moms in any stage of an uncomplicated pregnancy.

* A medical referral is required



WCB

W.C. Blair Recreation Centre
22200 Fraser Highway
604.533.6170

Mo - Fr 6:00am - 10:00pm
Sa - Su 6:30am - 10:00pm



WGC

Walnut Grove Community Centre
8889 Walnut Grove Drive
604.882.0408

Every Day 6:00am - 10:00pm

For information about aquatic fitness classes at the new Aldergrove Credit Union Community Centre, visit tol.ca/aquatics.



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

tol.ca/aquatics

PR18-469



Est. 1873

Aquatic Fitness Schedule Fall 2018

September - December



Recreation Culture & Parks



Stay ACTIVE | Stay INVOLVED | Stay HEALTHY

tol.ca

W.C. Blair Recreation Centre

WCB

604.533.6170

September 4 - December 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deep Water Workout** 8:00 - 9:00am	DeepFit for Life** 8:00 - 9:00am		DeepFit for Life** 8:00 - 9:00am	Deep Water Workout** 8:00 - 9:00am	Deep Water Workout** 8:00 - 9:00am
Water-Robics 9:00 - 10:00am	AquaFit for Life 9:00 - 10:00am	Water-Robics 9:00 - 10:00am	AquaFit for Life 9:00 - 10:00am	Water-Robics 9:00 - 10:00am	
Deep Water Workout** 9:00 - 10:00am	Hip & Knee Introduction* 10:00 - 10:30am	Deep Water Workout** 9:00 - 10:00am	Hip & Knee Introduction* 10:00 - 10:30am	Deep Water Workout** 9:00 - 10:00am	
	Hip & Knee Conditioning** 10:40 - 11:10am		Hip & Knee Conditioning** 10:40 - 11:10am		
Independence in Motion 1* 10:30 - 11:15am	Independence in Motion 1* 10:30 - 11:15am	Independence in Motion 2* 10:30 - 11:15am	Independence in Motion 1* 10:30 - 11:15am	Independence in Motion 2* 10:30 - 11:15am	
Arthrosize 11:15am - 12:00pm	Arthrosize Plus 11:15am - 12:15pm	Arthrosize 11:15am - 12:00pm	Arthrosize Plus 11:15am - 12:15pm	Arthrosize 11:15am - 12:00pm	
AquaFit 45 12:15 - 1:00pm		AquaFit 45 12:15 - 1:00pm		AquaFit 45 12:15 - 1:00pm	
Water Walking*** 1:00 - 2:30pm		Water Walking*** 1:00 - 2:30pm			
Deep Water Combo** 6:30 - 7:30pm		Deep Water Workout** 6:30 - 7:30pm	Water Running 7:00 - 7:45pm		
	Water-Robics 7:45 - 8:45pm	Aqua Zumba® NEW! 7:45 - 8:45pm	Aqua-bata 7:45 - 8:45pm		

Legend applies to both tables. *Medical referral required. **Participants must have strong swimming skills and be comfortable in deep water. ***Self-led Registration required

Walnut Grove Community Centre

WGC

604.882.0408

September 24 - December 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Express Water-Robics 7:45 - 8:30am		Water-Robics 8:15 - 9:15am
Water-Robics 9:00 - 10:00am	AquaFit for Life 8:45 - 9:45am	Water-Robics 9:00 - 10:00am	AquaFit for Life 8:45 - 9:45am	Water-Robics 9:00 - 10:00am	
Deep Water Workout** 9:00 - 10:00am	DeepFit for Life** 8:45 - 9:45am	Deep Water Workout** 9:00 - 10:00am	DeepFit for Life** 8:45 - 9:45am	Deep Water Workout** 9:00 - 10:00am	
AquaFit 45 10:30 - 11:15am	Express Aqua-bata 9:50 - 10:35am	AquaFit 45 10:30 - 11:15am	Express Aqua-bata 9:50 - 10:35am	AquaFit 45 10:30 - 11:15am	
	Independence in Motion 1/2* 10:45 - 11:30am		Independence in Motion 1/2* 10:45 - 11:30am		
	Mom & Baby Aqua-fit 10:45 - 11:30am		Mom & Baby Aqua-fit 10:45 - 11:30am		
	Arthrosize 11:30am - 12:15pm		Arthrosize 11:30am - 12:15pm		
	Water Walking*** 1:30 - 2:30pm		Water Walking*** 1:30 - 2:30pm		
			Prenatal AquaFit* 6:15 - 7:15pm		
Deep Water Workout** 7:15 - 8:15pm	Express Aqua-bata 7:15 - 8:00pm	Deep Water Combo** 7:15 - 8:15pm	Express Aqua-bata 7:15 - 8:00pm		

Get aquatic fitness schedules at tol.ca/aquatics.

Admission Rates

Prices are listed in Canadian dollars, include tax, and are effective September 1, 2018.

	Youth 13-18 yrs	Student with valid ID	Adult 19-59 yrs	Senior 60+ yrs	Family*
Drop-in	3.80	4.30	6.00	4.55	11.90
10-visit card	34.00	38.50	54.00	41.20	107.00
20-visit card	64.30	72.90	101.80	77.70	202.20
1-month Go Active Pass	41.55	47.10	65.95	50.30	130.80
3-month Go Active Pass	113.25	128.50	179.85	137.15	356.75
1-year Go Active Pass	320.95	n/a	509.60	388.50	1010.75

*Family is a combination of parents, guardians, or grandparents with children under the age of 19 years who reside in the same household. Maximum two adults per family.



Did you know?
Regular physical activity increases energy levels and affects one's ability to fully participate in work, social, and family life.