

Aquatic Fitness Class Descriptions

Must be 14 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.

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.

DeepFit 45 3

Go deep and experience this 45 minute exhilarating aerobic exercise without the impact. Use specifically designed equipment to maintain buoyancy while you amplify the natural resistance of water.

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.

Express Water-Robics 4

This 45 minute class is a low impact, moderate intensity workout that focuses on cardiovascular training, strengthening, and stretching key muscle groups of the body.

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 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 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

Spend time with your baby while getting in shape! This class is perfect for moms with 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

W.C. Blair Recreation Centre is closed for maintenance until early 2018. Take advantage of extra classes and lessons at Walnut Grove Community Centre during this time!

Get the latest information on schedules and plans for reopening at tol.ca/wcblair.



WGC

Walnut Grove Community Centre
8889 Walnut Grove Drive
604.882.0408

Mo - Fr	6:00am - 10:00pm
Sa	6:00am - 9:00pm
Su	8:00am - 9:00pm



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

RCP17-548

Township of
Langley



Est. 1873

Aquatic Fitness Schedule

Winter 2018

January - March



Recreation Culture
& Parks



Stay ACTIVE | Stay INVOLVED | Stay HEALTHY

tol.ca/aquatics

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

What do the green dots mean? ●

To accommodate the temporary closure of W.C. Blair Recreation Centre (WCB), we're offering more classes at WGC. These additional classes are indicated with this dot ●

When WCB reopens, all ● classes will no longer be offered at WGC.

No classes
Feb 10
Feb 12

Admission Rates

Prices are listed in Canadian dollars, are effective September 1, 2017, and include tax.

	Child 4 - 12 years	Youth 13 - 18 years	Student with valid ID	Adult 19 - 59 years	Senior 60 years +	Family*
Drop-in	2.80	3.60	4.10	5.70	4.35	11.30
10-visit card	25.30	32.30	36.70	51.30	39.10	101.80
20-visit card	47.80	61.00	69.20	96.80	73.80	192.30
1-month Go Active Pass	30.95	39.50	44.85	62.70	47.80	124.45
3-month Go Active Pass	84.35	107.70	122.30	171.00	130.45	339.35
1-year Go Active Pass	239.00	305.20	n/a	484.45	369.55	961.55

*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?
Water aerobics is low-impact on joints and is an ideal activity for those with arthritis, back problems, foot or leg injuries, and knee conditions.