

# INDOOR & OUTDOOR SCHEDULE AQUA FITNESS

**MAY & JUNE**  
Registered Timeslots

Check out our Indoor & Outdoor Pool Schedule for **Aqua Fitness** at the Maple Ridge Leisure Centre (MRLC) and Hammond Outdoor Pool (HOP)!

**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.

**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. This is a low intensity class.

**Aqua Abs** | This low intensity class targets your abs, core, hips and back, and works on toning muscles and improving posture.

**Core & Stretch** | Spend time strengthening your core while balancing and stretching. This class will improve joint mobility and posture. This is a low intensity class.

**Water Strength & Stretch** | Use your own bodyweight and water for resistance in the water. This class will focus on improving joint mobility and muscle tone. This is a low intensity class.

**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.

**Ready to Register?** | [mapleridge.ca/1484](http://mapleridge.ca/1484)

**Looking for Other Activities at HOP?** | [mapleridge.ca/2446](http://mapleridge.ca/2446)

**Looking for Other Activities at the MRLC Pool?** | [mapleridge.ca/1452](http://mapleridge.ca/1452)

**Looking for Swimming Lessons?** | [mapleridge.ca/1487](http://mapleridge.ca/1487)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15AM - 9:00AM	Water Strength & Stretch (Hammond Outdoor Pool)	Core & Stretch (Hammond Outdoor Pool)	Aqua Mild (Hammond Outdoor Pool)	Aqua Abs (Hammond Outdoor Pool)	Aqua Mild (Hammond Outdoor Pool)
9:15AM - 10:00AM	Aqua Mild (Hammond Outdoor Pool)	Water Wellness (Hammond Outdoor Pool)	Water Strength & Stretch (Hammond Outdoor Pool)	Core & Stretch (Hammond Outdoor Pool)	Water Strength & Stretch (Hammond Outdoor Pool)
10:15AM - 11:00AM	Water Wellness (Leisure Centre Teach Pool)		Aqua Yoga (Leisure Centre Leisure Pool)		Water Wellness (Leisure Centre Teach Pool)
7:15PM - 8:00PM	Aqua Abs (Hammond Outdoor Pool)	Aqua Mild (Hammond Outdoor Pool)	Core & Stretch (Hammond Outdoor Pool)	Water Strength & Stretch (Hammond Outdoor Pool)	



HAMMOND OUTDOOR POOL



MAPLE RIDGE LEISURE CENTRE POOL

## REMEMBER

- Arrive to your timeslot already showered and with your swim attire under your street clothes. Change space is extremely limited before and after your timeslot. COVID-19 occupancy limits apply.
- Plan to shower at home after your swim - private showers are unavailable.
- No spectators are permitted at this time. Only registered pool users will be allowed in the facility.
- Limited lockers are available for use at the MRLC (cubbies only at HOP) - arrive with as few belongings as possible.
- Several indoor pool amenities are unavailable at this time including the rope swing, steam room, and sauna. The waterslide and hot tub are open during limited times. Aqua Fitness attendees can access the hot tub during their timeslot but will miss some of their class.
- Bring a filled water bottle from home - there is currently no access to drinking fountains.

**NOTE** | Schedule is subject to change

Visit [MAPLERIDGE.CA/1449](http://MAPLERIDGE.CA/1449) for group fitness information or [MAPLERIDGE.CA/1484](http://MAPLERIDGE.CA/1484) to register