DROP-IN

Aqua Fitness Schedule |

Effective Date: November 1 to December 20

Maple Ridge Leisure Centre
11925 Haney Place

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Deep Water 7:15 AM-8 AM	**Aqua Fit** 8 AM-9 AM **Water Wellness** 10:30 AM-11:15 AM **Aqua HIIT** 7:05 PM-7:55 PM	**Aqua Fit** 9 AM-10 AM **Aqua Fit** 11:45 AM-12:45 PM	**Aqua Fit** 8 AM-9 AM **Aqua Fit** 12 PM-12:45 PM **Aqua HIIT** 7:05 PM-7:55 PM	**Aqua Fit** 9 AM-10 AM **Aqua Fit** 11:45 AM-12:45 PM	**Aqua Fit** 8 AM-9 AM **Water Wellness** 10:30 AM-11:15 AM	



MapleRidge.ca/DropInSchedules

Schedules are subject to change without notice

Maple Ridge

DROP-IN

Aqua Fitness Descriptions

Effective Date: November 1 to December 20

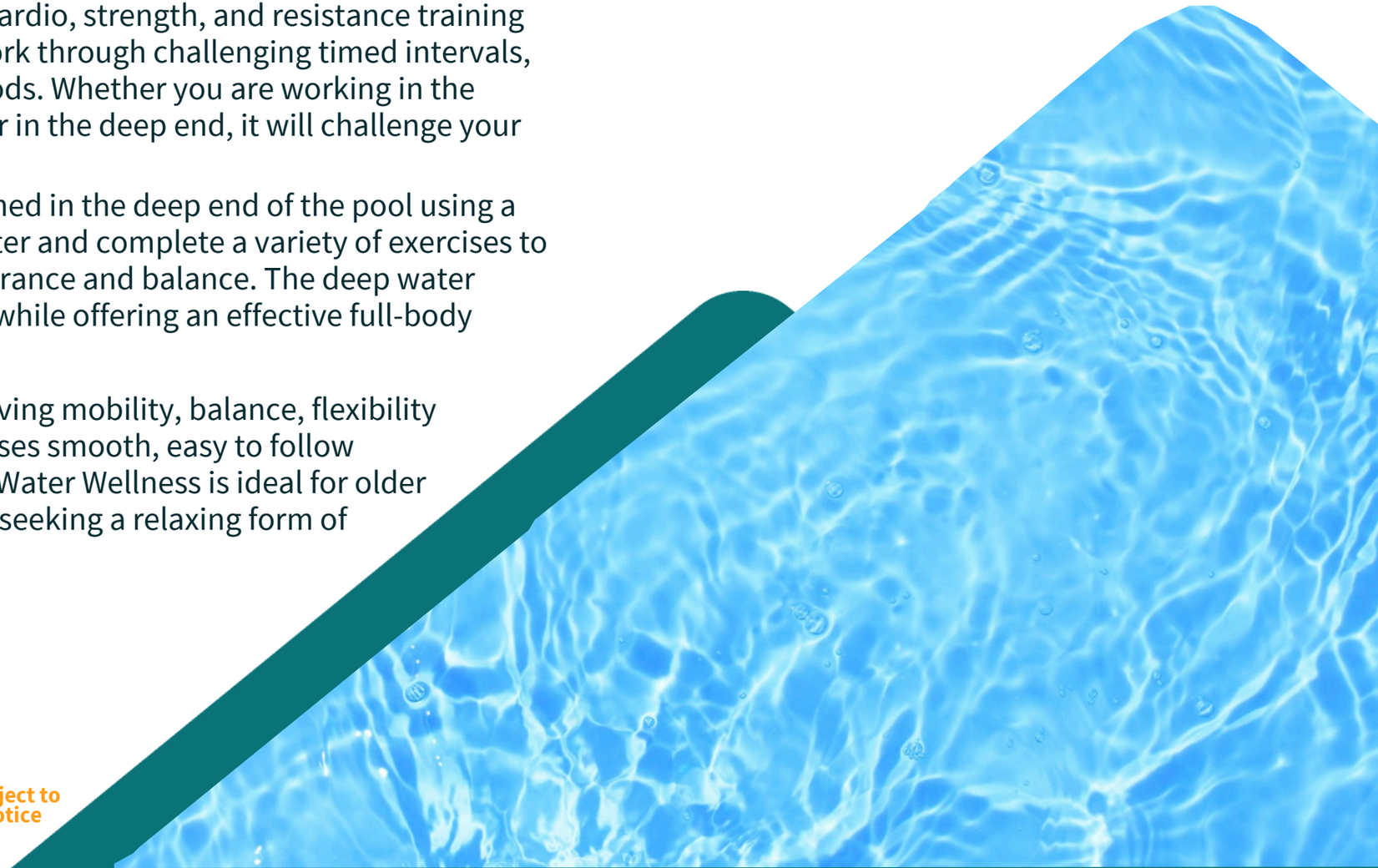
Maple Ridge Leisure Centre
11925 Haney Place

Aqua Fit: using the natural resistance of water, you'll improve cardiovascular endurance, muscular strength, balance and flexibility while minimizing impact on your joints! Through a variety of exercises both aerobic and strength focused, this workout will enhance your overall fitness and leave you feeling stronger!

Aqua HIIT: this class combines high intensity cardio, strength, and resistance training using both the shallow and deep end. You'll work through challenging timed intervals, powerful movements and active recovery periods. Whether you are working in the shallow end doing high knees or treading water in the deep end, it will challenge your fitness and improve your cardio endurance.

Deep Water: this is no impact workout performed in the deep end of the pool using a flotation belt. Individuals are suspended in water and complete a variety of exercises to improve cardiovascular fitness, muscular endurance and balance. The deep water environment provides a joint friendly working while offering an effective full-body workout.

Water Wellness: this class is focused on improving mobility, balance, flexibility and overall well-being. This low-impact class uses smooth, easy to follow movements that enhance functional strength. Water Wellness is ideal for older adults, those recovering from injury or anyone seeking a relaxing form of exercise.



Maple Ridge

MapleRidge.ca/DropInSchedules

Schedules are subject to change without notice