

**DROP-IN**

# Aqua Fitness Schedule

Maple Ridge Leisure Centre  
11925 Haney Place

Effective Date: April 1 to June 30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Deep Water</b> 7:15 AM-8 AM</p> <p>There is no <b>Deep Water Aqua Fit</b> on <b>Sunday, April 12<sup>th</sup></b> due to a RMSC Swim Meet</p>	<p><b>Aqua Fit</b> 8 AM-9 AM</p> <p><b>Water Wellness</b> 10:30 AM-11:15 AM</p> <p><b>Aqua Fit</b> 7:05 PM-7:55 PM</p>	<p><b>Aqua Fit</b> 9 AM-10 AM</p> <p><b>Baby &amp; Me Aqua Fit</b> 11 AM-11:45 AM</p> <p><b>Aqua Fit</b> 11:45 AM-12:45 PM</p>	<p><b>Aqua Fit</b> 8 AM-9 AM</p> <p><b>Aqua Fit</b> 12 PM-12:45 PM</p> <p><b>Aqua Fit</b> 7:05 PM-7:55 PM</p>	<p><b>Aqua Fit</b> 9 AM-10 AM</p> <p><b>Aqua Fit</b> 11:45 AM-12:45 PM</p> <p><b>Deep Water</b> 7:05 PM-7:55 PM</p>	<p><b>Aqua Fit</b> 8 AM-9 AM</p> <p><b>Water Wellness</b> 10:30 AM-11:15 AM</p>	



# Aqua Fitness Descriptions

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## **Aqua Fit**

Aqua Fit is a low-impact, high-energy workout performed in the water. It combines cardio, strength and flexibility exercises. Aqua Fit is great for all fitness levels. It is gentle on the joints while providing a full-body workout!

## **Water Wellness**

A refreshing workout that combines low-impact exercises with resistance training. Enhance your strength, flexibility and cardiovascular health in a supportive and buoyant environment. Perfect for all fitness levels looking for a fun, effective exercise option!

## **Deep Water**

Dive in for an intense, low-impact workout in deep water. Using belts for maximum resistance, this class builds strength and endurance while reducing joint strain. Ideal for Fitness enthusiasts seeking a challenging and invigorating exercise experience!

## **Baby & Me Aqua Fit**

Designed for parents or caregivers to get a full-body workout while bonding with their baby. The focus is on improving strength, endurance and flexibility through fun, safe movements in the water. Babies stay engaged with gentle motion and interaction, making it a unique and joyful experience for both.