



AQUATIC FITNESS DROP - IN 2020



SEPTEMBER 8th - DECEMBER 23rd

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
	DEEP WATER 8:20-9:10am	AQUAFIT 8:20-9:10am	DEEP WATER 8:20-9:10am	CARDIO BLAST 8:20-9:10am	INSTRUCTORS CHOICE 8:20-9:10a	
	AQUAFIT 9:40 - 10:30am	AQUA - LITE 9:40 - 10:30am	WATER WALKING 9:40 - 10:30am	SHALLOW CIRCUIT 9:40 - 10:30am		
	AQUAFIT 11:00 - 11:50am	AQUAFIT 11:00 - 11:50am	AQUAFIT 11:00 - 11:50am	AQUAFIT 11:00 - 11:50am	AQUAFIT 11:00 - 11:50am	
AFTERNOON						
	GOLDEN HOUR 1:10 - 2:00pm		GOLDEN HOUR 1:10 - 2:00pm		GOLDEN HOUR 1:10 - 2:00pm	
EVENING						
	DEEP WATER 7:30 - 8:20pm	AQUAFIT (SHALLOW) 7:30 - 8:20pm	DEEP WATER 7:30 - 8:20pm	AQUAFIT (SHALLOW) 7:30 - 8:20pm		

UPDATED: 09/17/20

FLC GROUP FITNESS COVID GUIDELINES

- All group fitness classes will require attendees to pre-register due to reduced class sizes.
To Register: Visit our website www.medicinehat.ca/flc or by calling 403-502-8566
- The Stay Safe Pass is the best way to access our facility, please see www.medicinehat.ca/flc for details.
- Participants will be asked to follow Physical Distancing Guidelines and maintain a minimum distance of 3m in all directions during High Intensity classes and 2m in all directions during Low Intensity classes.
- Please do not arrive early to class; time is allotted before, between, and after scheduled classes for instructors to sanitize as necessary.
- Please follow signage for access changes to and from change rooms and pool.
- Please note any time changes from previous schedules.

Schedules may differ on holidays and long weekends.
Please look online or contact the facility for the most current information.

REGISTER ONLINE: www.medicinehat.ca/flc



CLASS DESCRIPTIONS

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Schedules are subject to change without notice.



AQUA - ABS: This class focuses on building a strong core and abdominal muscles with cardio segments and strength components for great results. We use isometric exercises as well as pool noodles for a really great AB workout! We also include strength moves for your erector spine as that is an integral part of a strong healthy core.

AQUAFIT: This class is a mix of cardio and strength training. If the instructor decides to incorporate equipment, class participants will be notified before class (equipment is supplied for you). All exercises can be done with or without the added resistance of equipment. Water shoes are recommended.

AQUA-LITE: This class allows you to work at your own pace slowly, start to strengthen your body. All movements vary in range of motion and speed; modifications to the exercises are offered.

AQUA ZUMBA: Aqua Zumba® is perfect for anyone who loves upbeat music, dancing, water workouts, or requires a low impact workout! Taught by master instructor, Jessica Kenzie, who is certified in Zumba L1, L2, Zumba Kids, Zumba Gold, Zumba Tone and of course Aqua Zumba! She LOVES, her Zumba and it shows! Once you try her class- you will see why. Aqua Zumba- just add water and shake, shake, shake!

CARDIO BLAST: Straight cardio for the entire class.. We do timed sprints as well as cardio bursts to keep your heart rate up for max calorie burn. We always have a warm-up, cooldown and strength components in all of our classes. Modifications will be shown, suitable for everyone.

DEEP WATER: In this class participants will be shown distinctive movements that are designed specifically for deep water. Being suspended in deep water means that you will activate your core muscles at all times. The deep water is great for people with joint issues who want a great workout, but can't withstand the high impact of dryland exercises.

INSTRUCTOR'S CHOICE: As daunting as this concept may be, never fear, you will get a great workout with a mix of cardio, strength and fun om either shallow or deep water. You will leave knowing that you earned your weekend off. Join us in our weekly send off, every Friday at the Family Leisure Centre,

SHALLOW CIRCUIT: Workout at your own intensity in our Shallow Water Circuit! Led by an instructor, laminated cards showing the exercises are place in stations around the pool. Equipment may or may not be placed with the card, and the instructor is there to ensure you are doing the exercise properly, to time your work at each station, and to motivate you! This class is immensely popular, and specifically requested by participants.

WATER WALKING: Water Walking is a low-impact introduction to aqua aerobics. The water's buoyancy supports the body's weight, which reduces stress on the joints and minimizes pain.



FLC