

# Aqua Fitness Drop-In Schedule

Winter 2025



For the most up-to-date closures and cancellations please visit [newmarket.ca/schedules](http://newmarket.ca/schedules)

## Andrin Lakeview Aquatic Centre (Magna Centre)

Effective January 6, 2025. Subject to change at any time

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>Aqua Fit Combo</b> (Med Intensity)	11 to 11:45 a.m. Jeries		9 to 9:45 a.m. Gwynne	10 to 10:45 a.m. Carolyn	10 to 10:45 a.m. Gwynne	8:45 to 9:30 a.m.** Gwynne
<b>Bootcamp</b> (High Intensity)	10 to 10:45 a.m. Karen		11 to 11:45 a.m. Karen		11 to 11:45 a.m. Gwynne	
<b>Diaper Fit</b> (Med Intensity)				11 to 11:45 a.m. Karen		
<b>Fit Forever</b> (Low Intensity)			10 to 10:45 a.m. Karen	11 to 11:45 a.m. Jeries		
<b>Hydro Power</b> (Med-High Intensity)	9 to 9:45 a.m. Karen	11 to 11:45 a.m. Gwynne		9 to 9:45 a.m. Carolyn		
<b>Aqua Zumba</b> (Med-High Intensity)		8:15 to 9 p.m.** Megan I.		8:15 to 9 p.m.** Megan I.		
<b>Aqua Leisure</b>		10 to 10:45 a.m.			9 to 9:45 a.m.	

## Ray Twinney Recreation Complex

	Monday	Tuesday	Wednesday	Thursday	Friday	PLEASE NOTE
<b>Aqua Fit Combo</b> (Med Intensity)	11 to 11:45 a.m. Gwynne	9 to 9:45 a.m. Karen		9 to 9:45 a.m. Jeries		<b>Aqua Fitness takes place in Lanes 1-4</b>  <b>**Pool space shared with other programming.</b>  Check in closes for each class 5 minutes after the start time of the class.
<b>Hydro Power</b> (Med/High Intensity)	9 to 9:45 a.m. Carolyn	10 to 10:45 a.m. Karen				
<b>Fit Forever</b> (Low Intensity)			10:30 to 11:15 a.m. Jeries	10 to 10:45 a.m. Gwynne		
<b>H2O Repair</b> (Low Intensity)	11:50 a.m. to 12:20 p.m. Gwynne			10:50 to 11:20 a.m. Gwynne 11:25 to 11:55 a.m. Gwynne		
<b>Aqua Yoga</b> (Low Intensity)				11 to 11:45 a.m. Mahsa		
<b>Aqua Leisure</b>	10 to 10:45 a.m. & 5 to 5:45 p.m.** (Deep Well)	6 to 6:45 a.m.** (Deep Well)	9 to 9:45 a.m.	6 to 6:45 a.m.** (Deep Well)	9 to 9:45 a.m.	

**ALL Aqua Fitness Class will be available for pre-registration through Xplor Recreation.**

**Reservations are not required for participation to classes, however, strongly recommended that participants register online in advance as all classes are first-come, first-served. Walk-in's are available where space permits.**

### No Show Fee Policy:

The Town of Newmarket charges a \$10 no-show fee for pre-registered drop-in programs if a participant fails to attend. Withdrawals for any pre-registered drop in program can occur up to the start of your program. Withdrawals can be completed online through your Xplor Account or by calling our Customer Service Kiosk at 905-953-5303.

**No shows will not be refunded.**

# Aqua Fitness Class Descriptions

## **Aqua Bootcamp**

Focus is on a cardio challenge, core strength and improving muscle tone from tops to toes! This aqua workout provides a low impact but a high energy challenge for participants of all ages, skills and fitness levels.

## **Aquafit Combo**

An "all exercise workout to music, participants will move through combinations of a total body workout as you move through all depths of the pool.

## **Aqua Leisure**

No instructor? No problem. This is a dedicated pool time for individuals 13 years of age & older to continue to work on their Aqua Fitness exercises at their own pace & intensity. No instructor will be present to teach a class.

## **Aqua Yoga**

This class is designed to relax, stretch and calm. Move through various yoga poses that increase flexibility. All poses will be adapted for the water.

## **Aqua Zumba®**

A 'pool party' workout for all ages! An effective and challenging workout that integrates the Latin flair of Zumba® in the water! Get ready to move and feel this class with the resistance of dancing in the water.

## **Diaper Fit**

An Aquafit program designed for parents and babies to enjoy the calming effects of the water together! For babies under the age of 3, flotation boats are offered to keep the baby afloat while the parents can participate in the shallow water workout. Babies must be able to sit upright unassisted.

## **Fit Forever**

Geared to 55 years old and up, you can expect to leave this class feeling great! With fitness-level focused choreography and intensity that can be modified, you can expect to be using the shallow and deep ends of the pool.

## **Hydro Power**

This invigorating class improves cardio conditioning, muscular strength and endurance using buoyancy and resistance of water. It removes the impact of high-intensity land workouts while still working the body and getting results!

## **H2O Repair**

This 30-minute gentle stretching and strengthening class takes place in the swirl pool. This class will ease your joints, muscles and help with injury recovery.