

# Drop-in Aqua-fitness Classes

 **KINSMEN**  
Leisure Centre 780-464-2112

Jan 23 to Mar 23

Omit: Feb 20

Monday	Tuesday	Wednesday	Thursday	Friday
Deep water Shallow water 7:30 - 8:30 am		Deep water Shallow water 7:30 - 8:30 am		Deep water Shallow water 7:30 - 8:30 am
Young at heart 50+ 12 - 12:45 pm		Young at heart 50+ 12 - 12:45 pm		Young at heart 50+ 12 - 12:45 pm Social 1 - 2 pm
Shallow water 7:30 - 8:30 pm		Shallow water 7:30 - 8:30 pm		
	Deep water Shallow water 8:35 - 9:20 pm		Deep water Shallow water 8:35 - 9:20 pm	


 **Millennium**  
Place 780-416-3300

Jan 9 to Mar 30

Omit: Feb 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deep water 8:05 - 9:05 am	Young at heart 50+ 8:10 - 8:55 am shallow pool	Deep water 8:05 - 9:05 am		Deep water 8:05 - 9:05 am	
Adult fitness swim 9:15 - 10:15 am	Deep water 9 - 10 am	Adult fitness swim 9:15 - 10:15 am	Deep water 9 - 10 am	Adult fitness swim 9:15 - 10:15 am	Deep water 9 - 10 am
		Deep water 7:30 - 8:30 pm			

# Drop-in Fitness Classes

 **Millennium**  
Place 780-416-3300

Jan 9 to Apr 1

Omit: Feb 20

Group Fitness Studio

Max 35 people

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Pure step 9:15 - 10:15 am	*Muscle 9 - 10 am	*MetaBALLic Mix 9:15 - 10:15 am	*Step n' Stretch 9:15 - 10:15 am	*Muscle 8:55 - 9:50 am		*20/20/20 9:30 - 10:30 am
Active & agile 50+ 10:30 - 11:30 am		Pump & walk 50+ 10:30 - 11:30 am		*20/20/20 10 - 11 am	*Step n' strength 10:30 - 11:30 am	
		*Bootcamp 5:45 - 6:45 pm		Pump & walk 50+ 10:30 - 11:30 am		
*Back to Basics 5 - 5:45 pm	*Step n' strength 6:45 - 7:45 pm	*Muscle 7 - 8 pm	*Cardio Blast 6:15 - 7:15 pm	*20/20/20 5:45 - 6:45 pm		

 **Millennium**  
Place

Jan 9 to Mar 30

Field House Max 100 people Omit: Feb 20

Monday	Tuesday	Wednesday
20/20/20 9 - 10 am	Bootcamp 9 - 10 am	Muscle 9 - 10 am
Bootcamp 6:50 - 7:35 pm		
Thursday	Friday	Saturday
20/20/20 9 - 10 am	Bootcamp 9 - 10 am	Bootcamp 7:15 - 8:15 am
		Bootcamp 8:30 - 9:30 am

 **Glen Allan**  
Recreation Complex 780-467-4404

Jan 9 to Mar 29

Omit: Feb 20

Strathcona Room

Max 30 people

Monday	Tuesday	Wednesday	Thursday	Friday
Pick your pace 50+ 9:15 - 10:15 am		Pick your pace 50+ 9:15 - 10:15 am		Pick your pace 50+ 9:15 - 10:15 am
Keep Fit(50+) 10:30 - 11:30 am		*Muscle 5:45 - 6:45 pm	Keep Fit(50+) 10:30-11:30 am	
*Cardio Blast 7:15 - 8:15 pm	*20/20/20 6 - 7 pm		*Back to Basics 5:35 - 6:35 pm	

 **the**  
**Millennium**  
**Card**

All drop-in fitness classes included in the Millennium Card.

\*Please pick up a ticket for this class at the front desk to reserve your spot. Tickets available 30 minutes prior to class start time.

Visit [www.strathcona.ca/recreation](http://www.strathcona.ca/recreation) for full class descriptions.

## Single Visit Fees

Kinsmen Leisure Centre	Millennium Place	Glen Allan Recreation Complex
\$5.25 (18Y +)	\$8.00 (18Y- 64Y) \$6.50 (65Y+)	\$5.25 (18Y- 64Y) \$4.25 (65Y+)