

FOUNTAIN PARK RECREATION CENTRE

Winter 2012 Fitness Schedule

JANUARY 3 TO MARCH 25, 2012							
ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wake Up Workout	6:00-7:00a	6:00-7:00a	6:00-7:00a	6:00-7:00a	6:00-7:00a		
Fit For Life	7:00-8:00a	7:00-8:00a	7:00-8:00a	7:00-8:00a	7:00-8a		
50+ Club	8:00-9:00a	8:00-9:00a	8:00-9:00a	8:00-9:00a	8:00-9:00a Karataquatics		
Deep Water	9:30-10:30a	9:30-10:30a	9:30-10:30a	9:30-10:30a	9:30-10:30a	7:00-8:00a	Noon-1:00p
						8:00-9:00a	
						Noon-1:00p	
Baby Weights		10:45-11:30a		10:45-11:30a			
Shallow Water	11:30a-12:30p		11:30a-12:30p		11:30a-12:30p Karataquatics		
Aquaflex		11:30a-12:30p		11:30a-12:30p			
Power Toning		5:00-5:45p		5:00-5:45p			
Deep Water	7:00-8:00p	7:00-8:00p	7:00-8:00p	7:00-8:00p			
Shallow Water		8:15-9:15p Shared	8:30-9:30p Karataquatics	8:15-9:15p Shared			8:00-9:00a
Fitness Conditioning	8:00-9:00p	8:00-9:00a	8:00-9:00p	8:00-9:00a	8:00-9:00p		9:00-10:00a
	9:00-10:00p		9:00-10:00p				

Schedule is subject to change without notice.

Fitness Classes and Swim Lessons are **NOT** scheduled on Statutory Holidays and corresponding weekends.

Family Day Long Weekend February 18 - 20, 2012



Cultivate the *Swimmer* in you