



Spring Session April 1-June 9, 2024

AQUAFIT SCHEDULE

PETERBOROUGH (BALSILLIE) YMCA



Online pre-registration required

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
GENTLEFIT	8:00 AM GENTLE FIT	7:00 AM GENTLE FIT	8:00 AM GENTLE FIT	7:00 AM WAKE-UP AQUA YOGA	8:00 AM GENTLE FIT	
DEEP WATER	10:00 AM GENTLE FIT	10:00 AM GENTLE FIT	10:00 AM GENTLE FIT	10:00 AM GENTLE FIT	10:00 AM GENTLE FIT	
AQUAFIT	11:00 AM GENTLE FIT	11:00 AM GENTLE FIT	11:00 AM GENTLE FIT		11:00 AM GENTLE FIT	
AQUA YOGA	12:05 PM DEEP WATER AQUAFIT	12:00 PM GENTLE FIT	12:05 PM DEEP WATER AQUAFIT	12:00 PM GENTLE FIT	12:05 PM DEEP WATER AQUAFIT	12:15 PM GENTLE FIT
		7:15 PM AQUA YOGA	7:30 PM AQUAFIT			

Maximum registration of three classes a week per person.

Participants must be at least 12 years of age.

Registration released online every Thursday at 1pm