

# AQUAFIT SCHEDULE

## PETERBOROUGH (BALSILLIE) YMCA

\*Online pre-registration required\*

Winter Session | January 6-March 30, 2025

(excluding February 17 and March 10-16)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
8:00 AM GENTLE FIT	7:00 AM GENTLE FIT	8:00 AM GENTLE FIT	7:00 AM AQUA YOGA	8:00 AM GENTLE FIT	
			9:00 AM GENTLE FIT		
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	
11:00 AM GENTLE FIT	11:00 AM GENTLE FIT	11:00 AM GENTLE FIT		11:00 AM GENTLE FIT	
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		2:05 PM Deep Water Aquafit		

Maximum registration of three classes a week per person.

Participants must be at least 12 years of age.

Instructors subject to change

Registration released online every Thursday at 1pm