

# Aquafit Programs

Parkinson Recreation Centre  
Spring 2025



*Programs for 16 years and up*

Click the program below to learn more about sessions offered and to register online!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aqua Jumpstart</b> 8:30 - 9:15 a.m. ♥♥♥	<b>Aqua Suspend</b> 8:30 - 9:15 a.m. ♥♥♥	<b>Aqua Jumpstart</b> 8:30 - 9:15 a.m. ♥♥♥	<b>Aqua Suspend</b> 8:30 - 9:15 a.m. ♥♥♥	<b>Aqua Combo</b> 8:30 - 9:15 a.m. ♥♥♥
<b>Aqua Move for your Health</b> 11 - 11:45 a.m. ♥	<b>Aqua Motion</b> 11 - 11:45 a.m. ♥♥	<b>Aqua Arthritis</b> 11 - 11:30 a.m. ♥	<b>Aqua Motion</b> 11 - 11:45 a.m. ♥♥	<b>Aqua Move for your Health</b> 11 - 11:45 a.m. ♥

Our Aquafit options vary in intensity! Use the guide below to understand how heart pumping your class will be:

♥  
gentle

♥♥♥  
moderate

♥♥♥♥  
high intensity



For your health and safety, and with respect to other participants, please be on time for class. It is unsafe to go into a class that has completed sufficient warmup.