

Dolson Centre Programs (Aquafit runs March 21 to June 30)

Mon	Tue	Wed	Thu	Fri	Sat
	Aquafit 8:45 – 9:30 am		Aquafit 8:45 – 9:30 am	Aquafit 8:45 – 9:30 am	
Aquafit 9:40 – 10:25am	◆ Water Arthritis & Common Movement Disorders Pool 9:35 – 10:30 am	Aquafit 9:40 – 10:25am	◆ Water Arthritis & Common Movement Disorders Pool 9:35 – 10:30 am	◆ Arthritis 9:35–10:30 am	
Aquafit 1 – 1:45 pm	Aquafit 1 – 1:45 pm		Aquafit 1 – 1:45 pm		
◆ Baby Fat Boot Camp 2:00 – 2:45pm (Pool)	◆ Baby Fat Boot Camp 2:00 – 2:45pm (Pool)		◆ Baby Fat Boot Camp 2:00 – 2:45pm (Pool)		Youth Preschool Programs & Birthday Party Rentals 9am – 5pm
	Gospel Baptist Church ◆ Zumba 16+ 7 – 8pm	John Dolson ◆ Zumba 18+ 7 – 7:45pm	John Dolson ◆ Zumba 16+ 7:15 – 8:15pm		
John Dolson ◆ Boot Camp 8 – 8:45pm (Gym)		◆ Kids Fit 7:15 – 8pm		<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> ◆ = need to register in advance for this program </div>	
John Dolson ◆ Pilates 8:45 – 9:30pm		John Dolson ◆ Yoga 8 – 9pm	John Dolson ◆ Boot Camp 8:45 – 9:30pm (Gym)		
Aquafit 8:20 – 9:05 pm	Aquafit 8:20 – 9:05 pm	Aquafit 8:20 – 9:05 pm	Aquafit 8:20 – 9:05 pm		

Common Movement Disorders Program / Water Arthritis - The goal of this program is to enhance or maintain physical performance, thus improve quality of life. Water-based exercises will help those afflicted with Movement Disorders and other neuromuscular conditions. With the support of water, floatation aids, and your care giver you will be able to enjoy a non-impacted movement class that may not be possible on land. Doctor letter is required. The pool is equipped with a water chair.