

Dolson Centre Programs (Aquafit runs Sept 7 – Nov 26)

Mon	Tue	Wed	Thu	Fri	Sat
Aquafit 9:40 – 10:25am	Aquafit 8:45 – 9:30 am	Aquafit 9:40 – 10:25am	Aquafit 8:45 – 9:30 am	Aquafit 8:45 – 9:30 am	
	♦ Water Arthritis & Common Movement Disorders Pool 9:35 – 10:30 am		♦ Water Arthritis & Common Movement Disorders Pool 9:35 – 10:30 am	♦ Arthritis 9:35–10:30 am	
Gospel Baptist ♦ Arthritis – Land 11 – 12pm			♦ Soper Park Pool <i>New!</i> Urban Poling 11 – 12pm		
Aquafit 1 – 1:45 pm	Aquafit 1 – 1:45 pm	♦ Kids Fit 7:15 – 8pm	Aquafit 1 – 1:45 pm		Youth Preschool Programs & Birthday Party Rentals 9am – 5pm
♦ Baby Fat Boot Camp 2:00 – 2:45pm	♦ Baby Fat Boot Camp 2:00 – 2:45pm				
<i>New!</i> John Dolson ♦ Prenatal Yoga 7 – 8pm ♦ Boot Camp 8 – 8:45pm ♦ Pilates 8:45 – 9:30pm	Gospel Baptist Church ♦ Zumba 16+ 7 – 8pm ♦ Zumba 16+ 8:15 – 9:15pm	John Dolson ♦ Zumba 18+ 7 – 7:45pm ♦ Yoga <i>New!</i> 8 – 9pm	John Dolson <i>New!</i> ♦ Turbo Kick 7:30 – 8:30pm ♦ Boot Camp 8:45 – 9:30pm		
Aquafit 8:15 – 9 pm	Aquafit 8:15 – 9 pm	Aquafit 8:15 – 9 pm	Aquafit 8:15 – 9 pm		

♦ = need to register in advance for this program

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.