

FLC AQUATIC FITNESS



Fall 2021

MONDAY

SHALLOW WATER
8:20-9:10A

DEEP WATER
9:20-10:10A

SHALLOW WATER
10:20-11:10A

GOLDEN TONE
1:10-2:00P

DEEP WATER
7:10-8:00P

TUESDAY

DEEP WATER
8:20-9:10A

SHALLOW WATER
9:20-10:10A

SHALLOW WATER
10:20-11:10A

SHALLOW WATER
7:10-8:00P

WEDNESDAY

SHALLOW WATER
8:20-9:10A

DEEP WATER
9:20-10:10A

SHALLOW WATER
10:20-11:10A

GOLDEN TONE
1:10-2:00P

DEEP WATER
7:10-8:00P

THURSDAY

DEEP WATER
8:20-9:10A

SHALLOW WATER
9:20-10:10A

SHALLOW WATER
10:20-11:10A

SHALLOW WATER
7:10-8:00P

FRIDAY

SHALLOW WATER
8:20-9:10A

DEEP WATER
9:20-10:10A

GOLDEN TONE
1:10-2:00P



- Registration required for all group fitness classes
- Register at medicinehat.ca/flc
- Schedule subject to change
- Email Fitness@medicinehat.ca for group fitness inquiries

2021-10-21