

Schedule is subject to change without notice. Follow us on social media @bigmarblegocentre for the most up to date information and alerts.

AUGUST 5 – 29, 2025 | AQUATIC FITNESS



| | MON | TUE | WED | THU | FRI |
|------------------------------------|--|---|---|--|--|
| HP HILL POOL | AQUAFIT 8:00-8:45 11:55-12:35 | AQUAFIT 8:00-8:45 11:55-12:35 | AQUAFIT 8:00-8:45 11:55-12:35 | AQUAFIT 8:00-8:45 11:55-12:35 | AQUAFIT 8:00-8:45 11:55-12:35 |
| CRC CRESTWOOD REC CENTRE | FULL BODY 8:50-9:35 AM FULL BODY 10:15-11:00 AM FULL BODY 7:20-8:10 PM | CARDIO BLAST 8:50-9:35 AM CARDIO BLAST 10:15-11:00 AM CARDIO BLAST 7:20-8:10 PM | ARMS & ABS 8:50-9:35 AM ARMS & ABS 10:15-11:00 AM ARMS & ABS 7:20-8:10 PM | FULL BODY 8:50-9:35 AM FULL BODY 10:15-11:00 AM INSTRUCTOR'S CHOICE 7:20-8:10 PM | INSTRUCTOR'S CHOICE 8:50-9:35 AM INSTRUCTOR'S CHOICE 10:15-11:00 AM |

SWIM. SKATE. SWEAT. SCORE.



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SEPTEMBER 1 – 5, 2025 | AQUATIC FITNESS

| | MON | TUE | WED | THU | FRI |
|---|------------|---|---|--|--|
|  | NO CLASSES | AQUAFIT 8:00-8:45 9:00-9:45 | AQUAFIT 8:00-8:45 9:00-9:45 | AQUAFIT 8:00-8:45 9:00-9:45 | AQUAFIT 8:00-8:45 9:00-9:45 |
|  | CLOSED | CARDIO BLAST 8:50-9:35 AM CARDIO BLAST 10:15-11:00 AM CARDIO BLAST 7:20-8:10 PM | ARMS & ABS 8:50-9:35 AM ARMS & ABS 10:15-11:00 AM ARMS & ABS 7:20-8:10 PM | FULL BODY 8:50-9:35 AM FULL BODY 10:15-11:00 AM INSTRUCTOR'S CHOICE 7:20-8:10 PM | INSTRUCTOR'S CHOICE 8:50-9:35 AM INSTRUCTOR'S CHOICE 10:15-11:00 AM |

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SEPTEMBER 8 – DECEMBER 19, 2025 | AQUATIC FITNESS



| MON | TUE | WED | THU | FRI |
|--|---|---|--|--|
| SHALLOW WATER 8:20-9:10 AM SHALLOW WATER 9:20-10:10 AM DEEP WATER 7:10-8:00 PM | DEEP WATER 8:20-9:10 AM DEEP WATER 9:20-10:10 AM SHALLOW WATER 7:10-8:00 PM | SHALLOW WATER 8:20-9:10 AM SHALLOW WATER 9:20-10:10 AM DEEP WATER 7:10-8:00 PM | DEEP WATER 8:20-9:10 AM DEEP WATER 9:20-10:10 AM SHALLOW WATER 7:10-8:00 PM | SHALLOW WATER 8:20-9:10 AM DEEP WATER 9:20-10:10 AM |
| FULL BODY 8:50-9:35 AM FULL BODY 10:15-11:00 AM FULL BODY 7:20-8:10 PM | CARDIO BLAST 8:50-9:35 AM CARDIO BLAST 10:15-11:00 AM CARDIO BLAST 7:20-8:10 PM | ARMS & ABS 8:50-9:35 AM ARMS & ABS 10:15-11:00 AM ARMS & ABS 7:20-8:10 PM | FULL BODY 8:50-9:35 AM FULL BODY 10:15-11:00 AM INSTRUCTOR'S CHOICE 7:20-8:10 PM | INSTRUCTOR'S CHOICE 8:50-9:35 AM INSTRUCTOR'S CHOICE 10:15-11:00 AM |

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AQUATIC FITNESS: CLASS DESCRIPTIONS & DETAILS

AQUA BOOTCAMP: In this class, anything goes. Instructors incorporate the use of delta bells, noodles, elastics and some light hand weights for a full body workout. All levels of fitness are welcome as three different intensity levels are shown for each exercise. *1.2m

INSTRUCTOR'S CHOICE: As daunting as this concept may be, never fear, you will get a great workout with a mix of cardio, strength and fun in either shallow or deep water. You will leave knowing that you earned your weekend off.

ARMS & ABS: The focus is Arms & Abs, but we will add cardio components as well to keep you moving! We use a mix of equipment such as: deltas, paddles, flutter boards, noodles and elastics!

CARDIO BLAST: Straight cardio for the entire class. We do timed sprints as well as cardio bursts to keep your heart rate up for max calorie burn. We always have a warm-up, cooldown and strength components in all our classes. Modifications will be shown, suitable for everyone. *NOTE: CARDIO BLAST IS A DEEPWATER CLASS.*

SHALLOW WATER: This class is a mix of cardio and strength training. If the instructor decides to incorporate equipment, class participants will be notified before class. All exercises can be done with or without the added resistance of equipment. Water shoes are recommended. 1.3m

WATER WALKING: a low-impact introduction to aqua aerobics. The water's buoyancy supports the body's weight, which reduces stress on the joints and minimizes pain. 1.3m

DEEP WATER: In this class participants will be shown distinctive movements that are designed specifically for deep water. Being suspended in deep water means that you will always activate your core muscles. The deep water is great for people with joint issues who want a great workout but can't withstand the high impact of dryland exercises.

FULL BODY: Come join us for a full body workout using a variety of aqua fit equipment. You can expect a mix of cardio & strength components in the class as well as great sing-along tunes! We will keep you groovin' with excellent instruction and creative formats.

[REGISTER FOR AQUAFIT](#)