



## Drop in Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 9 a.m.		Lane Swim Shared 7:30 - 9:30 a.m.
	Self -Led Dive Tank 8 - 8:55 a.m.	Self -Led Dive Tank 8 - 8:55 a.m.	Deep Water Workout 8 - 8:55 a.m. Cori Ann			
					Deep Water Workout 9 - 9:50 a.m. Navin	
Lane Swim 12 - 1 p.m.		Lane Swim 12 - 1 p.m.		Lane Swim 12 - 1 p.m.	Lane Swim 9 - 10 a.m.	
Deep Water Workout 12:05 - 12:55 p.m. Julie H	Lane Swim 12 - 2 p.m.	Deep Water Workout 12:05 - 12:55 p.m. Matthew	Lane Swim 12 - 2 p.m.	Deep Water Workout 12:05 - 12:55 p.m. Mary Lou	Aqua Fitness 10:05 - 11 a.m. Navin	
Aqua Fitness 1:05 - 1:55 p.m. Julie H		Aqua Fitness 1:05 - 1:55 p.m. Matthew		Aqua Fitness 1:05 - 1:55 p.m. Mary Lou		Public Swim Shared 12:30 - 2:30 p.m.
Public Swim/ Lane Swim Shared 2 - 3:30 p.m.	Aqua Fitness 2 - 2:55 p.m. Mandy	Public Swim/ Lane Swim Shared 2 - 3:30 p.m.	Aqua Fitness 2 - 2:55 p.m. Cori Ann	Public Swim/ Lane Swim Shared 2 - 3:30 p.m.		
Lane Swim 3:30 - 5:45 p.m.	Public Swim 3 - 4:45 p.m.	Lane Swim 3:30 - 5:45 p.m.	Public Swim 3 - 5 p.m.	Lane Swim 3:30 - 5 p.m.	Public Swim Shared 1 - 2:30 p.m.	Hot Tub Closed 2 - 3:30 p.m.
Deep Water Workout 5 - 5:45 p.m. Jane		Deep Water Workout 5 - 5:45 p.m. Julie L.				
Aqua Fitness 5:45 - 6:30 p.m. Jane		Aqua Fitness 5:45 - 6:30 p.m. Julie L.				
				Public Swim 6:30 - 8 p.m.		
Adult & Youth Lane Swim 9 - 10 p.m.	Adult & Youth Lane Swim 8 - 10 p.m.	Adult & Youth Lane Swim 9 - 10 p.m.	Adult & Youth Lane Swim 8 - 10 p.m.	Adult & Youth Lane Swim 8 - 9 p.m.	<p><b>Schedule Subject to Change.</b></p>  <p>Visit <a href="https://calgary.ca/RenfrewPool">calgary.ca/RenfrewPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</p>	




# Renfrew Aquatic & Recreation Centre

810 13 Avenue N.E.

February 26 - March 30, 2025

## Dry Land Fitness & Mind Body Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Workout</b> 6:15 - 7:10 a.m. Sherry	<b>Cardio &amp; Strength Intervals</b> 6:15 - 7:10 a.m. Sherry	<b>Total Body Workout</b> 6:15 - 7:10 a.m. Cindy	<b>Strength &amp; Restore</b> 6:15 - 7:10 a.m. Cindy	<b>Total Body Strength</b> 6:15 - 7:10 a.m. Sherry		
	<b>Total Body Workout</b> 8:30 - 9:20 a.m. Rahmi		<b>Total Body Workout</b> 8:15 - 9:15 a.m. Cindy			<b>Mind Body Flow *</b> 8:30 - 9:25 a.m. Rahmi
<b>Mind Body Flow *</b> 9 - 10:15 a.m. Dianne	<b>Zumba Gold® (Gentle 3)</b> 9:25 - 10:25 a.m. Rahmi		<b>NEW!</b> <b>Mind Body Flow *</b> 9:30 - 10:30 a.m. Navin	<b>Mind Body Flow *</b> 9:30 - 10:30 a.m. Mandy	<b>Cardio &amp; Strength Intervals</b> 9 - 10 a.m. Sherry	<b>Mind Body Flow *</b> 9:30 - 10:25 a.m. Rahmi
<b>Sit Fit (Gentle 1)</b> 10:45 - 11:30 a.m. Elise		<b>Pure Cycle</b> 10:30 - 11:30 a.m. Ron		<b>Sit Fit (Gentle 1)</b> 10:45 - 11:30 a.m. Mandy	<b>Pure Cycle</b> 10:15 - 11:15 a.m. Shona / Kordi	<b>Zumba®</b> 10:30 - 11:25 a.m. Rahmi
<b>Ever Active (Gentle 3)</b> 11:45 a.m. - 12:45 p.m. Elise	<b>Pound ©</b> 12 - 12:50 p.m. Shona	<b>Strength &amp; Restore</b> 12 - 12:50 p.m. Shona		<b>Ever Active (Gentle 3)</b> 11:45 a.m. - 12:45 p.m. Mandy		<b>Total Body Workout</b> 11:30 a.m. - 12:25 p.m. Rahmi
	<b>50+ Fitness (Gentle 3)</b> 1 - 1:50 p.m. Mandy	<b>Zumba Gold® (Gentle 3)</b> 1:15 - 2:15 p.m. Rahmi	<b>50+ Fitness (Gentle 3)</b> 1 - 1:50 p.m. Cori Ann		<b>Schedule Subject to Change</b>  Visit <a href="https://calgary.ca/RenfrewPool">calgary.ca/RenfrewPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes. <b>* Must bring your own yoga mat</b>	
	<b>Step</b> 5 - 5:50 p.m. Nicole	<b>Mind Body Flow *</b> 2:30 - 3:30 p.m. Rahmi		<b>Core Conditioning</b> 5:30 - 6:15 p.m. Rahmi		
	<b>Total Body Strength</b> 6 - 7 p.m. Nicole		<b>Cardio &amp; Strength Intervals</b> 6 - 7 p.m. Nicole	<b>Zumba®</b> 6:20 - 7:20 p.m. Rahmi		