



## 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.	Reserved for Swim Club	Lane Swim 7:30 - 11 a.m.
<p style="text-align: center;"><b>School Swimming Lessons</b> 9 a.m. - 12 p.m. Additional swim times may be available. Please check <a href="http://calgary.ca/renfrewpool">calgary.ca/renfrewpool</a></p>					Deep Water Workout 9 - 9:55 a.m. Navin	
Lane Swim 12 - 1 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 12 - 2 p.m.	Lane Swim 12 - 1 p.m.	Lane Swim 9 - 10 a.m.	Public Swim/ Shared 11 a.m. - 1:30 p.m.
Deep Water Workout 12 - 12:55 p.m. Julie		Deep Water Workout 12 - 12:55 p.m. Kandi		Deep Water Workout 12 - 12:55 p.m. Jen / Mary Lou	Aqua Fitness 10 - 11 a.m. Navin	
Aqua Fitness 1 - 2 p.m. Julie		Aqua Fitness 1 - 2 p.m. Kandi		Aqua Fitness 1 - 2 p.m. Jen / Mary Lou		
Public Swim/ Lane Swim (Shared) 2 - 3:30 p.m.	50+ Aqua Fitness (Gentle 3) 2 - 2:45 p.m. Marianne	Public Swim/ Lane Swim (Shared) 2 - 3:30 p.m.	50+ Aqua Fitness (Gentle 3) 2 - 2:45 p.m. Cindy	Public Swim 2 - 4 p.m.	Public Swim/ Shared 11 a.m. - 1 p.m.	Hot Tub Closed 1:30 - 3:30 p.m.
Lane Swim 3:30 - 5:45 p.m.	Lane Swim 2:45 - 5 p.m.	Lane Swim 3:30 - 5:45 p.m.	Lane Swim 2:45 - 5 p.m.	Lane Swim 4 - 5 p.m.	Leadership Courses 11 a.m. - 2:30 p.m.	
Deep Water Workout 5 - 5:45 p.m. Jody	Reserved for Lessons and Swim Club 5 - 8 p.m.	Deep Water Workout 5 - 5:45 p.m. Agatha	Swimming Lessons 5 - 8 p.m.	Tethered Deep Water Workout (Registered) 4:30 - 5:15 p.m. Marianne	Public Swim/ Shared 2:30 - 3:30 p.m.	Leadership Courses 1:30 - 3:30 p.m.
Aqua Fitness 5:45 - 6:30 p.m. Jody		Aqua Fitness 5:45 - 6:30 p.m. Agatha		Junior Lifesaving Club 5 - 6:30 p.m.		
Swimming Lessons 6:30 - 9 p.m.		Public Swim 6:30 - 8 p.m.		Public Swim/ Shared 6:30 - 8 p.m.		
	Adult & Youth Lane Swim 8 - 9 p.m.	Adult & Youth Lane Swim 8 - 9 p.m.	Adult & Youth Lane Swim 8 - 9 p.m.	Adult & Youth Lane Swim 8 - 9 p.m.	<p style="text-align: center;"><b>Subject to change.</b> Visit <a href="http://calgary.ca/renfrewpool">calgary.ca/renfrewpool</a> for the latest facility schedules, hours of operation, and rates.</p> <p style="text-align: center;">To sign up for instructor-led classes visit <a href="http://calgary.ca/dropin">calgary.ca/dropin</a></p>	



## Dry Land Fitness, Yoga, Pilates & Martial Arts 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>Cardio &amp; Strength Intervals</b> 8:30 - 9:20 a.m. Rahmi		<b>Total Body Workout</b> 8:30 - 9:20 a.m. Cindy			<b>Mind Body Flow *</b> 8:30 - 9:25 a.m. Rahmi
<b>Mind Body Flow *</b> 9 - 10 a.m. Marianne	<b>Zumba Gold® (Gentle 3)</b> 9:25 - 10:25 a.m. Rahmi	<b>Pure Cycle</b> 10:30 - 11:30 a.m. Dave		<b>Mind Body Flow *</b> 9:30 - 10:30 a.m. Kandi	<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>Nia</b> (Registered) 10:45 - 11:45 a.m. Tina	<b>Strength &amp; Restore</b> 12 - 12:55 p.m. Shona		<b>Sit Fit (Gentle 1)</b> 10:45 - 11:30 a.m. Kandi	<b>Pure Cycle</b> 10:15 - 11:15 a.m. Shona / Kordi	<b>Zumba®</b> 10:30 - 10:25 a.m. Rahmi
<b>Ever Active (Gentle 3)</b> 11:45 a.m. - 12:45 p.m. Elise	<b>50+ Fitness (Gentle 3)</b> 1 - 1:50 p.m. Marianne	<b>Zumba Gold® (Gentle 3)</b> 1 - 2 p.m. Rahmi	<b>50+ Fitness (Gentle 3)</b> 1 - 1:50 p.m. Cindy			<b>Total Body Workout</b> 11:30 a.m. - 12:25 p.m. Rahmi
	<b>Step</b> 5 - 5:50 p.m. Kordi / Nicole	<b>Essentrics</b> (Registered) 5 - 6 p.m. Zsuzsa	<b>Pilates for Beginners *</b> (Registered) 5 - 6 p.m. Wendy		<b>Tai Chi</b> (Registered) 2:15 - 3:15 p.m. Yan	<b>Self Defence Workshop</b> (Registered) 12:30 - 3:30 p.m. <b>April 23</b> Heather
	<b>Total Body Strength</b> 6 - 7 p.m. Nicole	<b>Pure Strength</b> (Registered) 6:15 - 7:15 p.m. Marie	<b>Cardio &amp; Strength Intervals</b> 6 - 7 p.m. Nicole	<b>Zumba®</b> 6:30 - 7:30 p.m. Rahmi	<p><b>Subject to change.</b> Visit <a href="http://calgary.ca/renfrewpool">calgary.ca/renfrewpool</a> for the latest facility schedules, hours of operation, and rates.</p> <p><b>* Must bring your own yoga mat *</b></p> <p>To sign up for instructor led classes visit <a href="http://calgary.ca/dropin">calgary.ca/dropin</a></p>	
	<b>Yoga - Beginner *</b> (Registered) 6 - 7 p.m. Val	<b>NEW! Barre</b> (Registered) 7:30 - 8:30 p.m. Marie	<b>Pilates *</b> (Registered) 6:05 - 7:05 p.m. Wendy			
<b>Cycle &amp; Core</b> (Registered) 7:15 - 8:15 p.m. Ted	<b>Yoga for a Healthy Back *</b> (Registered) 7:15 - 8:15 p.m. Val	<b>Discover Mindfulness Workshop</b> (registered) 5:30 - 8:30 p.m. <b>Apri 5</b> Tina				
	<b>NEW! Yoga for Runners *</b> (Registered) 7:15 - 8:15 p.m. Marianne	<b>Mindfulness Practices</b> (Registered) 6 - 7 p.m. Tina				