



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.
School Swimming Lessons 9 a.m. - 12 p.m. Additional swim times may be available. Please check calgary.ca/renfrewpool					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/ Shared 11 a.m. - 1 p.m.	
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.	Leadership Courses 11 a.m. - 2:30 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.		
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		
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.	Public Swim/ Shared 6:30 - 8 p.m.	Swimming Lessons 6:30 - 9 p.m.
Swimming Lessons 6:30 - 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.	Adult & Youth Lane Swim 8 - 9 p.m.		

Dry Land Fitness, Yoga, Pilates & Martial Arts Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Workout 6:15 - 7:10 a.m. Sherry	Cardio & Strength Intervals 6:15 - 7:10 a.m. Sherry	Total Body Workout 6:15 - 7:10 a.m. Cindy	Strength & Restore 6:15 - 7:10 a.m. Cindy			
	Cardio & Strength Intervals 8:30 - 9:20 a.m. Rahmi		Total Body Workout 8:30 - 9:20 a.m. Cindy			Mind Body Flow * 8:30 - 9:25 a.m. Rahmi
Mind Body Flow * 9 - 10 a.m. Marianne	Zumba Gold® (Gentle 3) 9:25 - 10:25 a.m. Rahmi	Pure Cycle 10:30 - 11:30 a.m. Dave		Mind Body Flow * 9:30 - 10:30 a.m. Kandi	Cardio & Strength Intervals 9 - 10 a.m. Sherry	Mind Body Flow * 9:30 - 10:25 a.m. Rahmi
Sit Fit (Gentle 1) 10:45 - 11:30 a.m. Elise	Nia (Registered) 10:45 - 11:45 a.m. Tina	Strength & Restore 12 - 12:55 p.m. Shona		Sit Fit (Gentle 1) 10:45 - 11:30 a.m. Kandi	Pure Cycle 10:15 - 11:15 a.m. Shona / Kordi	Zumba® 10:30 - 11:25 a.m. Rahmi
Ever Active (Gentle 3) 11:45 a.m. - 12:45 p.m. Elise	50+ Fitness (Gentle 3) 1 - 1:50 p.m. Marianne	Mind Body Flow * 1:15 - 2:15 p.m. Rahmi	50+ Fitness (Gentle 3) 1 - 1:50 p.m. Cindy	Ever Active (Gentle 3) 11:45 a.m. - 12:45 p.m. Kandi		Total Body Workout 11:30 a.m. - 12:25 p.m. Rahmi
		Zumba Gold® (Gentle 3) 2:30 - 3:30 p.m. Rahmi				
	Step 5 - 5:50 p.m. Kordi / Nicole	Essentrics (Registered) 5 - 6 p.m. Zsuzsa	Pilates for Beginners * (Registered) 5 - 6 p.m. Wendy		Tai Chi (Registered) 2:15 - 3:15 p.m. Yan	
	Total Body Strength 6 - 7 p.m. Nicole	Pure Strength (Registered) 6:15 - 7:15 p.m. Marie	Cardio & Strength Intervals 6 - 7 p.m. Nicole	Zumba® 6:30 - 7:30 p.m. Rahmi	<p>Subject to change. Visit calgary.ca/renfrewpool for the latest facility schedules, hours of operation, and rates.</p> <p>* Must bring your own yoga mat *</p> <p>To sign up for instructor led classes visit calgary.ca/dropin</p>	
	Yoga for a Healthy Back * (Registered) 6 - 7 p.m. Val	NEW! Barre (Registered) 7:30 - 8:30 p.m. Marie	Pilates * (Registered) 6:05 - 7:05 p.m. Wendy			
Cycle & Core (Registered) 7:15 - 8:15 p.m. Ted	Yoga - Beginner * (Registered) 7:15 - 8:15 p.m. Val					