

## Drop in Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim 6 - 9 a.m.	Lane Swim 6 - 8 a.m.	Lane Swim 6 - 9 a.m.	Lane Swim 6 - 8 a.m.	Lane Swim 6 - 9 a.m.		Lane Swim Shared 7:30 - 9:30 a.m.	
	Deep Water Workout 7 - 7:50 a.m. Matthew		Deep Water Workout 7 - 7:50 a.m. Matthew				
	Aqua Fitness 8 - 8:50 a.m. Matthew		Aqua Fitness 8 - 8:50 a.m. Matthew				
					Deep Water Workout 9 - 9:50 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.		
Deep Water Workout 12:05 - 12:55 p.m. Julie H		Deep Water Workout 12:05 - 12:55 p.m. Matthew		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 2:05 - 2:55 p.m. Cori Ann	Public Swim/ Lane Swim Shared 2 - 3:30 p.m.	Aqua Fitness 2:05 - 2:55 p.m. Caroline	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.		
Deep Water Workout 5 - 5:45 p.m. Matthew		Deep Water Workout 5 - 5:45 p.m. Navin			Hot Tub Closed 2 - 3:30 p.m.		
Aqua Fitness 5:45 - 6:30 p.m. Matthew		Aqua Fitness 5:45 - 6:30 p.m. Navin		Public Swim 6:30 - 8 p.m.	Schedule Subject to Change. 		
							Adult & Youth Lane Swim Shared 8 - 9p.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 9 - 10 p.m.	Adult & Youth Lane Swim 8 - 9 p.m.	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.		




# Renfrew Aquatic & Recreation Centre

810 13 Avenue N.E.

Sept. 2 - 29, 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>NEW TIME!</b> <b>Balance &amp; Strength (Gentle 2)</b> 9:10 - 10 a.m. Matthew		<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>NEW TIME!</b> <b>Mind Body Flow *</b> 10:15 - 11:15 a.m. Matthew (Multipurpose room)	<b>Cardio &amp; Strength Intervals</b> 10 - 10:50 a.m. Matthew	<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> 11 - 11:50 a.m. Matthew		<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 (Starts Sept. 20th)	<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 (Starts Oct. 7th)	<b>Strength &amp; Restore</b> 12:10 - 1 p.m. Shona	<b>NEW!</b> <b>Balance &amp; Strength (Gentle 2)</b> 12 - 12:50 p.m. Caroline	<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. Cori Ann	<b>Mind Body Flow *</b> 2:30 - 3:30 p.m. Matthew	<b>50+ Fitness (Gentle 3)</b> 1 - 1:50 p.m. Caroline		<b>Schedule Subject to Change</b>  Visit <a href="http://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>NEW !</b> <b>Pure Cycle</b> 6:15 - 7:15 pm Sabrina (Starts Sept. 17)		<b>Core Conditioning</b> 5:30 - 6:15 p.m. Caroline		
	<b>Total Body Strength</b> 6 - 7 p.m. Nicole		<b>Cardio &amp; Strength Intervals</b> 6 - 7 p.m. Nicole	<b>NEW!</b> <b>Stretch &amp; Restore</b> 6:30 - 7:30 p.m. Caroline		