

## Drop-In Swimming & Aquatic Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim & Walk Shared 6 - 8 a.m.	Lane Swim & Walk Shared 6 - 9 a.m.	Lane Swim & Walk Shared 6 - 8 a.m.	Lane Swim & Walk Shared 6 - 9 a.m.	Lane Swim & Walk Shared 6 - 8 a.m.		Lane Swim & Walk Shared 7:30 - 8:30 a.m.
Self - Led Dive Tank 6 - 9 a.m.	Self - Led Dive Tank 6 - 9 a.m.	Self - Led Dive Tank 6 - 9 a.m.	Self - Led Dive Tank 6 - 9 a.m.	Deep Water Workout 7 - 7:50 am Navin	Deep Water Workout 8 - 8:50 am Jane/Mary Lou	Self - Led Dive Tank 7:30 - 8:30 a.m.
Aqua Fitness 8 - 8:55 a.m. Marta/Jane		Aqua Fitness 8 - 8:55 a.m. Julie		Aqua Fitness 8 - 8:55 a.m. Navin	Self - Led Dive Tank 9 - 10 a.m.	Aqua Fitness 8:30 - 9:25 a.m. Julie L
					Aqua Fitness 9:05 - 10 a.m. Jane/Mary Lou	
Lane Swim 12 - 1 p.m.	Aqua Fitness 12 - 12:55 p.m. Bonita	Lane Swim 12 - 1 p.m.	Aqua Fitness 12 - 12:55 p.m. Bonita	Lane Swim 12 - 1 p.m.	Public Swim 10a.m. - 12 p.m.	
Self - Led Dive Tank 12 - 1 p.m.	Deep Water Workout 12 - 12:55 p.m. Jody	Deep Water Workout 12 - 12:55 p.m. Sara	Deep Water Workout 12 - 12:55 p.m. Mary Lou	Self - Led Dive Tank 12 - 1 p.m.	Deep Water Workout 12 - 12:55 p.m. Lorraine / Mary Lou	
					Lane Swim & Walk Shared 12 - 1 p.m.	
Deep Water Workout 3 - 4 p.m. Jody	Public Swim 3 - 4:30 p.m.	Deep Water Workout 3 - 4 p.m. Dawn	Public Swim 3 - 4:30 p.m.	Dive Tank Open 3 - 6 p.m.		Public Swim 2 - 3:30 p.m.
Public Swim 3 - 4 p.m.		Public Swim 3 - 4 p.m.		Public Swim 3 - 4 p.m.	Public Swim 3 - 4 p.m.	<div>Schedule Subject to Change.</div> <div></div> <div>Visit <a href="https://calgary.ca/ThornhillPool">calgary.ca/ThornhillPool</a> for the latest facility schedules, hours of operation, admission rates and to sign up for instructor-led classes.</div>
Deep Water Workout 4:50 - 5:50 p.m. Jody		Deep Water Workout 4:50 - 5:50 p.m. Jody				
Dive Tank Open 9 - 10 p.m.	Dive Tank Open 9 - 10 p.m.	Dive Tank Open 9 - 10 p.m.	Dive Tank Open 9 - 10 p.m.			
Adult Only Lane swim 9 - 10 p.m.	Adult Only Lane Swim 9 - 10 p.m.	Adult Only Lane Swim 9 - 10 p.m.	Adult Only Lane Swim 9 - 10 p.m.			




# Thornhill Aquatic & Recreation Centre

6715 Centre St. N.W.

Sept. 2 - 29, 2025

## Drop-in Dry Land Fitness & Mind Body Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Total Body Workout</b> 9:15 - 10:15 a.m. Wendy	<b>Cardio Pump</b> 9 - 10 a.m. Karen	<b>Total Body Workout</b> 9:15 - 10:15 a.m. Julie H	<b>Cardio Pump</b> 9 - 10 a.m. Cori Ann	<b>Total Body Workout</b> 9:15 - 10:15 a.m. Jane/Marie	<b>Total Body Workout</b> 9:15 - 10:15 a.m. Kordi /Nicole	<b>Step Pump</b> 9 - 10 a.m. Kordi
<b>Balance &amp; Strength (Gentle 2)</b> 10:40 - 11:30 a.m. Wendy	<b>Sit Fit (Gentle 1)</b> 10:05 - 10:50am Bonita		<b>Sit Fit (Gentle 1)</b> 10:05 - 10:50am Cori Ann	<b>Balance &amp; Strength (Gentle 2)</b> 10:40 - 11:30 a.m. Bonita	<b>Mind Body Flow *</b> 10:30 - 11:30 a.m. Lorraine	<b>Mind Body Flow *</b> 10:30 - 11:30 a.m. Dawn
<b>Cardio &amp; Strength Intervals</b> 12 - 12:55 p.m. Wendy	<b>50+ Fitness (Gentle 3)</b> 11 - 11:50 a.m. Bonita	<b>50+ Fitness (Gentle 3)</b> 12 - 12:50 p.m. Elise	<b>50+ Fitness (Gentle 3)</b> 11 - 11:50 a.m. Bonita	<b>Mind Body Flow *</b> 12 -1 p.m. Lorraine	<b>50+ Fitness (Gentle 3)</b> 12 - 1 p.m. Khusbu	<b>Zumba®</b> 1 - 2 p.m. Rahmi
<b>50+ Fitness (Gentle 3)</b> 1:10 - 2 p.m. Wendy	<b>Stretch &amp; Restore</b> 12 - 1 p.m. Wendy	<b>Balance &amp; Strength (Gentle 2)</b> 1:10 - 2 p.m. Elise			<b>Schedule Subject to Change.</b>    Visit <a href="https://calgary.ca/ThornhillPool">calgary.ca/ThornhillPool</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>Mind Body Flow *</b> 3:15 - 4:15 p.m. Navin	<b>50+ Strength &amp; Stretch (Gentle 3)</b> 1:10 - 2 p.m. Wendy	<b>NEW!</b> <b>Zumba®</b> 2:15- 3:15p.m. Sara	<b>Zumba Gold® (Gentle 3)</b> 2:45- 3:45 p.m. Rahmi			
<b>Step</b> 5 - 6 p.m. Sari / Kordi	<b>NEW TIME!</b> <b>Total Body Strength</b> 5 - 6 p.m. Kordi, Katherine, Marie	<b>Cardio &amp; Strength Intervals</b> 5 - 6 p.m. Sari	<b>Mind Body Flow *</b> 5 - 6 p.m. Dawn	<b>IT IS BACK!</b> <b>Total Body Workout</b> 4:30 - 5:30 p.m. Sari		
	<b>IT IS BACK!</b> <b>Cardio Kickbox</b> 6:15 - 7:15 p.m. Marie (Starts Sept. 23)		<b>Step Pump</b> 6:15 - 7:15 p.m. Sari			