

North Peace Leisure Pool - Drop-in Fitness

Drop-in Aquatic Fitness Schedule April 2 - June 30, 2024

Schedules are subject to change without notice. Aquatic Fitness Sessions that require registration like Aqua Tots, Fitness Swimmer, and FloatFit HIIT can be found in the Sport and Fitness section of our Recreation Leisure and Arts Guide found here: fortstjohn.ca/rec-guide

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AQUA SPIN 6:45-7:30am LEISURE POOL	AQUA SPIN 6:45-7:30am LEISURE POOL	AQUA SPIN 6:45-7:30am LEISURE POOL	AQUA SPIN 6:45-7:30am LEISURE POOL	AQUA SPIN 6:45-7:30am LEISURE POOL	
AQUAFIT Deep Water 9:15-10am LAP POOL	AQUAFIT Shallow Water 9-9:45am LAP POOL	AQUA STRETCH 9-9:45am LEISURE POOL	AQUAFIT Shallow Water 9-9:45am LAP POOL	AQUA STRETCH 9-9:45am LEISURE POOL	AQUAFIT Deep Water 9-9:45am LAP POOL	AQUAFIT Shallow Water 9:15-10am LAP POOL
	AQUAFIT Low Impact 11-11:45am LEISURE POOL		AQUAFIT Low Impact 11-11:45am LEISURE POOL		AQUAFIT Low Impact 11-11:45am LEISURE POOL	
		AQUA SPIN 8:15-9:00pm LEISURE POOL	AQUAFIT Deep Water 8:15-9pm LAP POOL	AQUAFIT Shallow Water 8:15-9pm LAP POOL		

Drop-in Pool Fitness Rates

ALL FEES ARE +TAX

	DROP-IN	VISIT PASS (6)	VISIT PASS (12)
YOUTH AQUAFIT	\$4.00	\$20.00	\$40.00
ADULT AQUAFIT	\$7.00	\$35.00	\$70.00
SENIOR AQUAFIT	\$4.00	\$20.00	\$40.00

Monthly Pool Fitness Pass Rates

ALL FEES ARE +TAX

	1 MO.	3 MO.	6 MO.	12 MO.
YOUTH AQUAFIT	\$40.00	\$114.00	\$216.00	\$422.40
ADULT AQUAFIT	\$70.00	\$199.50	\$378.00	\$736.20
SENIOR AQUAFIT	\$40.00	\$114.00	\$216.00	\$422.40

Aquafit - Deep Water | Lap Pool

Join us for Aquafit in the deep end for a full body workout while focusing on cardio and balance. Participants can wear a float belt or tread water for an extra challenge. No registration required, regular admission rates apply.

Aquafit - Shallow Water | Lap Pool

Join this comprehensive fitness experience with Aquafit - Shallow Water, where our aim is to provide a full-body workout with a special emphasis on cardiovascular health and balance. No registration required, regular admission applies.

JUNE 1 - Save the date! In honor of National Health and Fitness Day, we're celebrating with a special buy one, get one admission FREE Aquafit - Shallow Water offer!

 [Facebook.com/CityFSJRecreation](https://www.facebook.com/CityFSJRecreation)

Find us on Facebook for **info on courses, challenges, events, updates, programs, reminders & more!**

Aquafit - Low Impact | Leisure Pool

Much like Aquafit - Shallow Water, but held in the warmer Leisure Pool. Enjoy aquatic exercise where the focus is on cultivating balance and expanding your range of motion. This class provides a low-impact workout, making it ideal for individuals seeking a joint-friendly and soothing exercise routine. No registration required, regular admission rates apply.

Aqua Spin | Leisure Pool

A low impact, low resistance, intense workout on stationary spin bikes. Bring water shoes for the ride! No registration required, regular admission rates apply.

Aqua Stretch | Leisure Pool

Join us for a rejuvenating class set in our warm Leisure Pool that centers on enhancing balance and expanding your range of motion. The gentle warmth of the water complements the focus on flexibility and equilibrium. No registration required, regular admission rates apply.