

UBC AQUATIC CENTRE

6080 University Blvd. Vancouver, B.C. V6T 1Z1 | Email: aquatic.centre@ubc.ca | Phone: 604.822.4501

Aquacize Program Schedule Winter (January 30 - April 30, 2017)

■ Specialty Aquacize Classes
■ Drop-in Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7am								7am
		HIGH ENERGY AQUACIZES 7:30-8:30			HIGH ENERGY AQUACIZES 7:30-8:30			
8am								8am
	PRIVATE WATSU 8:45-9:15					RIVER WALKING 8:30-9:15	SWIMFIT 8:30-9:30	
9am	SWIMFIT 9:30-10:30	SENIORS FIT 9:30-10:30					SHALLOW WATER AQUA 9:00-10:00	9am
				AQUA REHAB 9:00-10:00				
			SWIMFIT 9:30-10:30		SENIORS FITNESS 9:30-10:30			
10am								10am
	GROUP WATSU 10:40-11:10							
			DEEP AQUA 10:35-11:20		DEEP AQUA 10:35-11:20			
11am	GROUP WATSU 11:15-11:45							11am
		RIVER WALKING 11:30-12:00						
12pm								12pm
	COACHED EXPRESS WORKOUT 12:00-1:00	SHALLOW WATER AQUA 12:05-12:50	COACHED EXPRESS WORKOUT 12:00-1:00		SHALLOW WATER AQUA 12:05-12:50	COACHED EXPRESS WORKOUT 12:00-1:00	SHALLOW WATER AQUA 12:05-12:50	
			DEEP TO THE CORE AQUACIZES 12:05-12:50		COACHED EXPRESS WORKOUT 12:00-1:00	DEEP TO THE CORE AQUACIZES 12:05-12:50		
1pm	PRIVATE WATSU 1:00-1:30							1pm
	MOM & BABY AQUAFIT 1:30-2:15	GENTLE JOINTS 1:00-1:45		AQUA ROM STRETCH 1:00-1:45				
2pm								2pm
7pm								7pm
	FIT 4 TWO 7:30-8:30							
		AQUA ZUMBA 7:30-8:30			SHALLOW WATER AQUA 7:30-8:30			
8pm								8pm
				CIRCUIT AQUACIZES 8:15-9:15			DEEP AQUA 8:00-9:00	
9pm								9pm

For more program information please see reverse side:

➤ RECREATION.UBC.CA/AQUATICS

Drop-in Aquacize Classes

Drop-in Aquacize Classes are included with admission, a membership pass, or free with valid UBC student card. Purchase a membership pass to access the best rates.

Get Wet and Sweat Aquacize
starts Fri, Feb 10

High Energy Aquacize
starts Tues, Feb 7/Thur, Feb 9

Circuit Aquacize
starts Wed, Feb 22

Deep to the Core Aquacize
starts Tues, Jan 31/Thur, Feb 2

Senior Fit
starts Tues, Jan 31/Thur, Feb 9/Mon, Feb 20

Deep Aquacize
starts Tues, Feb 7/ Thur, Feb 9/ Sun, Feb 26

Shallow Water Aquacize
starts Mon, Jan 30 / Wed, Feb 1 /
Thur, Feb 2 / Fri, Feb 3/Sat, Feb 4

SPECIALTY AQUACIZE & AQUA THERAPY PROGRAMS 10% DISCOUNT FOR WINTER 2017 REGISTRATION

(Prices shown have the 10% discount applied)

Specialty Aquacize Classes

	Registered								Drop In	
	Start Date	Day	Start Time	End Time	Classes	Public \$	Staff Student CSC \$	Course ID	Public \$	Staff Student CSC \$
Fit4Two Aquacize	Jan 30	Mon	19:30	20:30	5	\$73.58	\$66.38	66382	\$18.75	\$17.00
	Mar 27	Mon	19:30	20:30	4	\$58.95	\$53.10	66383		
Aqua Zumba	Jan 31	Tues	19:30	20:30	12	\$103.73	\$93.38	66384	\$10.75	\$9.75
SwimFit	Feb 20	Mon	9:30	10:30	9	\$73.14	\$65.93	66385	\$10.75	\$9.75
	Feb 8	Wed	9:30	10:30	12	\$97.65	\$87.75	66386		
	Feb 10	Fri	8:30	9:30	12	\$89.55	\$80.55	66387		
Watsu Group Class	Feb 27	Mon	10:40	11:10	7	\$86.89	\$63.90	66390	\$17.00	\$15.25
	Feb 27	Mon	11:15	11:45	7	\$86.89	\$63.90	66391		
Watsu Private Class	Feb 27	Mon	8:45	9:15	7	\$391.12	\$351.12	66394	No Drop-ins	
	Feb 27	Mon	13:00	13:30	7	\$391.12	\$351.12	66395		
Mom & Baby Aquafit	Feb 6	Mon	13:30	14:15	4	\$52.50	\$47.03	66359	\$16.75	\$15.00
	Mar 27	Mon	13:30	14:15	4	\$52.50	\$47.03	66360		
River Walking	Feb 10	Fri	8:30	9:15	5	\$41.25	\$38.93	67527	\$10.75	\$9.75
	Feb 7	Tues	11:30	12:00	4	\$31.50	\$28.35	66361	\$10.25	\$9.25
	Mar 17	Fri	8:30	9:15	5	\$41.25	\$38.93	66364	\$10.75	\$9.75
	Mar 7	Tues	11:30	12:00	7	\$55.13	\$49.50	66363	\$10.25	\$9.25
Gentle Joints	Feb 7	Tues	13:00	13:45	4	\$34.65	\$31.05	66365	\$10.75	\$9.75
	Mar 7	Tues	13:00	13:45	7	\$60.53	\$54.45	66366		
Aqua Rehab	Feb 15	Wed	9:00	10:00	5	\$43.46	\$38.92	66367	\$10.75	\$9.75
	Mar 29	Wed	9:00	10:00	5	\$43.46	\$38.92	66368		
Aqua ROM Stretch	Feb 8	Wed	13:00	13:45	4	\$34.65	\$31.05	66369	\$10.75	\$9.75
	Mar 8	Wed	13:00	13:45	7	\$60.53	\$54.45	66370		
Coached Express Workout	Feb 6	Mon	12:00	13:00	10	\$81.23	\$73.13	66371	\$10.75	\$9.75
	Feb 7	Tues	12:00	13:00	12	\$97.65	\$87.75	66372		
	Feb 9	Thurs	12:00	13:00	12	\$97.65	\$87.75	66374		
	Feb 10	Fri	12:00	13:00	11	\$89.55	\$80.55	66375		