



February 2019

Aqualine: 403-223-4322

www.taber.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>February is Heart Month at the Aquafun Centre!</p> <p>Be sure to stop in and enjoy some our additional classes added for the month of February.</p>		<p>*Please Note: Schedule Changes due to additional Programming - Zumba, Hot Yoga, Bootcamp & Pool Olympics</p>	<p>1 Fitness 6-8:45,12-1,6-7 Adult 'n' Tot 11-1, 6-7 Senior 11-12 Open 3-5, 7-9</p>	<p>2 Adult 'n' Tot 11-1 Zumba 11-11:50 Fitness 12-1 Open 1-5:45</p>
<p>3 Open 1-5:45</p>	<p>4 Fitness 6-8:45, 12-1 Senior 2:30-3:30 Adult 'n' Tot 3:30-5, 6:10-7 AQ for Arthritis 5-6 Aqua Fit 6:10-7 Open 7-8:30</p>	<p>5 Fitness 6-8:45, 12-1, 6-7 Adult 'n' Tot 9-1, 6-7 Aqua Fit 10-10:50, 8:40-9:30 Senior 11-12 L.I. AQ 2:30-3:30 Open Swim 7-8:30</p>	<p>6 Fitness 6-8:45, 12-1 Senior 2:30-3:30 Adult 'n' Tot 6:10-7 Deep H₂O Aqua Fit 6:10-7 Open 7-8:30 Adult 8:30-9:30</p>	<p>7 Fitness 6-8:45, 12-1, 6-7 Adult 'n' Tot 9-1, 6-7 AQ 10-10:50 Senior 11-12 Low Impact AQ 2:30-3:30 AQ for Arthritis 5-6 Open 7-8:30 Hot Yoga 8:40-9:30</p>	<p>8 Fitness 6-8:45,12-1,6-7 Adult 'n' Tot 11-1, 6-7 Senior 11-12 Open 2-5, 7-9</p>	<p>9 Adult 'n' Tot 11-1 Aqua Fit 11-11:50 Fitness 12-1 Open 1-5:45</p>
<p>10 Open 1-5:45</p>	<p>11 Fitness 6-8:45, 12-1 Senior 2:30-3:30 Adult 'n' Tot 3:30-5, 6:10-7 AQ for Arthritis 5-6 Aqua Fit 6:10-7 Open 7-8:30</p>	<p>12 Fitness 6-8:45, 12-1, 6-7 Adult 'n' Tot 9-1, 6-7 Aqua Fit 10-10:50, Senior 11-12 L.I. AQ 2:30-3:30 Open Swim 7-8:30 Zumba 8:40-9:30</p>	<p>13 Fitness 6-8:45, 12-1 Senior 2:30-3:30 Adult 'n' Tot 6:10-7 Deep H₂O Aqua fit 6:10-7 Open 7-8:30 Adult 8:30-9:30</p>	<p>14 Fitness 6-8:45, 12-1, 6-7 Adult 'n' Tot 9-1, 6-7 AQ 10-10:50 Senior 11-12 Low Impact AQ 2:30-3:30 AQ for Arthritis 5-6 Open 7-8:30 Bootcamp 8:40-9:30</p>	<p>15 Fitness 6-8:45,12-1,6-7 Adult 'n' Tot 11-1, 6-7 Senior 11-12 Open 2-5, 7-9</p>	<p>16 Adult 'n' Tot 11-1 Aqua Fit 11-11:50 Fitness 12-1 Open 1-5:45</p>
<p>17 Open 1-5:45</p>	<p>18 Family Day Open 1-5:45</p>	<p>19 Fitness 6-8:45, 12-1, 6-7 Adult 'n' Tot 9-1, 6-7 Aqua Fit 10-10:50 Senior 11-12 Open Swim 1-5:45, 7-8:30 Hot Yoga 8:40-9:30</p>	<p>20 Fitness 6-8:45, 12-1 Family 9-11 Senior 11-12 Open 1-4:45, 7-8:30 Pool Olympics 5-6 Adult 'n' Tot 6:10-7 Deep H₂O AQ 6:10-7 Adult 8:30-9:30</p>	<p>21 Fitness 6-8:45, 12-1, 6-7 Adult 'n' Tot 9-1, 6-7 AQ 10-10:50, 8:40-9:30 Senior 11-12 Open 1-4:45, 7-8:30 AQ for Arthritis 5-6</p>	<p>22 Fitness 6-8:45,12-1,6-7 Family 9-11 Adult 'n' Tot 11-1, 6-7 Senior 11-12 Pool Olympics 1-2 Open 2-5, 7-9</p>	<p>23 Adult 'n' Tot 11-1 Aqua Fit 11-11:50 Fitness 12-1 Open 1-5:45</p>
<p>24 Open 1-5:45</p>	<p>25 Fitness 6-8:45, 12-1 Senior 2:30-3:30 Adult 'n' Tot 3:30-5, 6:10-7 AQ for Arthritis 5-6 Zumba 6:10-7 Open 7-8:30</p>	<p>26 Fitness 6-8:45, 12-1, 6-7 Adult 'n' Tot 9-1, 6-7 Aqua Fit 10-10:50 Senior 11-12 L.I. AQ 2:30-3:30 Open Swim 7-8:30 Bootcamp 8:40-9:30</p>	<p>27 Fitness 6-8:45, 12-1 Senior 2:30-3:30 Adult 'n' Tot 6:10-7 Deep H₂O Aqua Fit 6:10-7 Open 7-8:30 Adult 8:30-9:30</p>	<p>28 Fitness 6-8:45, 12-1, 6-7 Adult 'n' Tot 9-1, 6-7 AQ 10-10:50 Senior 11-12 L.I AQ 2:30-3:30 AQ for Arthritis 5-6 Open 7-8:30 Bootcamp 8:40-9:30</p>	<p>Healthy Heart</p>  <p>Healthy You</p>	