



Generated April 19, 2024

## February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>10:00 Gentle Pilates (Zoom Class)</p> <p>10:30 Strong Seniors (Zoom Class)</p> <p>5:15 Yoga Fit (Zoom Class)</p> <p>6:30 Yoga Fit (Zoom Class)</p>	<p>2</p> <p>10:00 Older Adult Yoga (Zoom Class)</p> <p>12:15 Cardio and Core (Zoom Class)</p> <p>5:15 H.I.I.T. (Zoom Class)</p>	<p>3</p> <p>9:15 Stretch and Balance Fit (Zoom Class)</p> <p>11:00 Chair Yoga (Zoom Class)</p> <p>12:00 Winter Session B Activity Guide Available Online</p> <p>2:30 Therapy Fit (Zoom Class)</p> <p>5:00 Hatha Flow Yoga (Zoom Class)</p> <p>5:35 Fit and Firm (Zoom Class)</p>	<p>4</p> <p>10:00 Older Adult Yoga (Zoom Class)</p> <p>10:30 Stretch and Strengthen (Zoom Class)</p> <p>5:15 Zumba (Zoom Class)</p>	<p>5</p> <p>9:00 Strong Seniors (Zoom Class)</p> <p>9:30 Older Adult Yoga (Zoom Class)</p> <p>10:15 Mix It Up (Zoom Class)</p> <p>12:15 Stretch and Relax (Zoom Class)</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>8:30 Winter Session B Registration (online or by phone) for City Taxpayers</p> <p>10:00 Gentle Pilates (Zoom Class)</p> <p>10:30 Strong Seniors (Zoom Class)</p> <p>5:15 Yoga Fit (Zoom Class)</p> <p>6:30 Yoga Fit (Zoom Class)</p>	<p>9</p> <p>10:00 Older Adult Yoga (Zoom Class)</p> <p>12:15 Cardio and Core (Zoom Class)</p> <p>5:15 H.I.I.T. (Zoom Class)</p>	<p>10</p> <p>9:15 Stretch and Balance Fit (Zoom Class)</p> <p>11:00 Chair Yoga (Zoom Class)</p> <p>2:30 Therapy Fit (Zoom Class)</p> <p>5:00 Hatha Flow Yoga (Zoom Class)</p> <p>5:35 Fit and Firm (Zoom Class)</p>	<p>11</p> <p>8:30 Winter Session B Registration (online or by phone) for Non-City Taxpayers</p> <p>10:00 Older Adult Yoga (Zoom Class)</p> <p>10:30 Stretch and Strengthen (Zoom Class)</p> <p>5:15 Zumba (Zoom Class)</p>	<p>12</p> <p>9:30 Older Adult Yoga (Zoom Class)</p> <p>10:15 Mix It Up (Zoom Class)</p> <p>12:15 Stretch and Relax (Zoom Class)</p> <p>9:00 Strong Seniors (Zoom Class)</p>	<p>13</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>6:00 Lane Swim (Pre-registration required)</p> <p>6:30 Therapy Swim (Pre-registration required)</p>	<p>23</p> <p>7:00 Lane Swim (Pre-registration required)</p> <p>7:15 Therapy Swim (Pre-registration required)</p>	<p>24</p> <p>6:00 Lane Swim (Pre-registration required)</p> <p>6:30 Therapy Swim (Pre-registration required)</p>	<p>25</p> <p>7:00 Lane Swim (Pre-registration required)</p> <p>7:15 Therapy Swim (Pre-registration required)</p>	<p>26</p> <p>6:00 Lane Swim (Pre-registration required)</p> <p>6:30 Therapy Swim (Pre-registration required)</p>	<p>27</p> <p>8:00 Therapy Swim (Pre-registration required)</p> <p>1:00 Lane Swim (1/2)</p>

	6:45 Lane Swim (Pre-registration required) 7:30 Lane Swim (Pre-registration required) 7:45 Therapy Swim (Pre-registration required) 9:00 Aqua Fitness 9:00 Family Swim (Pre-registration required) 10:00 Gentle Pilates (Zoom Class) 10:05 Aqua Fitness 10:30 Strong Seniors (Zoom Class) 11:00 Lane Swim (1/2 Pool, Pre-registration required) 11:15 Public Swim (Pre-registration required) 12:00 Deep Aqua Fitness 1:05 Arthritis and Fibromyalgia Aqua Fitness 2:00 Seniors Swim (Pre-registration required) 3:00 Lane Swim (Pre-registration required) 3:15 Therapy Swim (Pre-registration required) 5:15 Yoga Fit (Zoom Class) 6:20 Yoga Fit (Zoom Class)	8:00 Aqua Fitness 8:00 Lane Swim (1/2 Pool, Pre-registration required) 9:00 Lane Swim (Pre-registration required) 9:00 Therapy Fitness 9:45 Lane Swim (1/2 Pool, Pre-registration required) 10:00 Family Swim (Pre-registration required) 10:00 Older Adult Yoga (Zoom Class) 11:00 Lane Swim (1/2 Pool, Pre-registration required) 11:15 Public Swim (Pre-registration required) 12:00 Aqua Fitness 2:00 Seniors Swim (Pre-registration required) 3:00 Lane Swim (Pre-registration required) 3:15 Therapy Swim (Pre-registration required) 5:00 Deep Aqua Fitness 6:00 Deep Aqua Fitness 7:30 Public Swim (Pre-registration required) 8:00 Lane Swim (1/2 Pool, Pre-registration required)	6:45 Lane Swim (Pre-registration required) 7:30 Lane Swim (Pre-registration required) 7:45 Therapy Swim (Pre-registration required) 9:00 Family Swim (Pre-registration required) 9:00 Aqua Fitness 9:15 Stretch and Balance Fit (Zoom Class) 10:05 Aqua Fitness 11:00 Chair Yoga (Zoom Class) 11:00 Lane Swim (1/2 Pool, Pre-registration required) 11:15 Public Swim (Pre-registration required) 12:00 Aqua Fitness 1:00 Post-Surgery Therapy Fitness 1:30 Parkinson's & Movement Disorder Therapy Fitness 2:00 Seniors Swim (Pre-registration required) 2:30 Therapy Fit (Zoom Class) 3:00 Lane Swim (Pre-registration required) 3:15 Therapy Swim (Pre-registration required) 5:35 Fit and Firm (Zoom Class)	8:00 Aqua Fitness 8:00 Lane Swim (1/2 Pool, Pre-registration required) 9:00 Lane Swim (Pre-registration required) 9:00 Therapy Fitness 9:45 Lane Swim (1/2 Pool, Pre-registration required) 10:00 Family Swim (Pre-registration required) 10:00 Older Adult Hatha Yoga (Zoom Class) 10:30 Stretch and Strengthen (Zoom Class) 11:00 Lane Swim (1/2 Pool, Pre-registration required) 11:15 Public Swim (Pre-registration required) 12:15 Cardio and Core (Zoom Class) 2:00 Seniors Swim (Pre-registration required) 3:00 Lane Swim (Pre-registration required) 3:15 Therapy Swim (Pre-registration required) 5:15 Zumba (Zoom Class) 7:05 Aqua Fitness 8:00 Lane Swim (1/2 Pool, Pre-registration required)	6:45 Lane Swim (Pre-registration required) 7:30 Lane Swim (Pre-registration required) 7:45 Therapy Swim (Pre-registration required) 9:00 Strong Seniors (Zoom Class) 9:00 Aqua Fitness 9:00 Family Swim (Pre-registration required) 9:30 Older Adult Yoga (Zoom Class) 10:00 Lane Swim (1/2 Pool, Pre-registration required) 10:15 Mix It Up (Zoom Class) 11:00 Lane Swim (1/2 Pool, Pre-registration required) 11:00 Meditate with Myra (Zoom) 11:15 Public Swim (Pre-registration required) 12:00 Lane Swim (1/2 Pool, Pre-registration required) 2:00 Seniors Swim (Pre-registration required) 3:00 Lane Swim (Pre-registration required) 3:15 Therapy Swim (Pre-registration required)	Pool, Pre-registration required) 1:00 Public Swim (Pre-registration required) 2:30 Public Swim (Pre-registration required) 2:30 Lane Swim (1/2 Pool, Pre-registration required)
28  8:00 Therapy Swim (Pre-registration required)  8:00 Lane Swim (Pre-registration required)  9:00 Lane Swim (1/2 Pool, Pre-registration required)  9:00 Family Swim (Pre-registration required)						

1:00 Public Swim (Pre-registration required)						
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<https://calendar.quintesportsandwellnesscentre.ca>