



Generated September 26, 2021

September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	<p><u>Strong Seniors</u> 9:00 a.m. - 9:45 a.m.</p> <p><u>Stretch and Balance Fit - Zoom</u> 10:00 a.m. - 11:00 a.m.</p> <p><u>Yoga Fusion</u> 10:15 a.m. - 11:15 a.m.</p> <p><u>30 Minute Body Blast</u> 12:15 p.m. - 12:45 p.m.</p> <p><u>Science Explorers - Catapult</u> 4:30 p.m. - 5:30 p.m.</p> <p><u>Yoga Fit</u> 5:00 p.m. - 6:00 p.m.</p> <p><u>Fit & Firm</u> 5:35 p.m. - 6:35 p.m.</p> <p><u>Line Dancing</u> 6:00 p.m. - 7:00 p.m.</p>	<p><u>B.L.T. (Butts, Legs and Tummy)</u> 7:30 a.m. - 8:00 a.m.</p> <p><u>Older Adult Yoga - Zoom</u> 9:00 a.m. - 10:00 a.m.</p> <p><u>Stretch and Strengthen - Zoom</u> 10:00 a.m. - 11:00 a.m.</p> <p><u>Older Adult Yoga</u> 10:15 a.m. - 11:15 a.m.</p> <p><u>Total Body Fitness</u> 10:30 a.m. - 11:30 a.m.</p> <p><u>Cardio & Core (Zoom)</u> 12:15 p.m. - 12:45 p.m.</p> <p><u>Cardio & Core</u> 12:15 p.m. - 12:45 p.m.</p> <p><u>Cardio & Core</u> 5:15 p.m. - 5:45 p.m.</p> <p><u>Cuts & Curves</u> 6:15 p.m. - 7:00 p.m.</p>	<p><u>Older Adult Yoga</u> 9:30 a.m. - 10:30 a.m.</p> <p><u>Mix It Up</u> 10:15 a.m. - 11:15 a.m.</p> <p><u>Stretch & Relax</u> 12:15 p.m. - 12:45 p.m.</p>	4
5	6	7	8	9	10	11

Labour Day Public Swim at Kinsmen (Pre-registration required)
10:30 a.m. - 12:00 p.m.

Labour Day Public Swim at Kinsmen (Pre-registration required)
12:30 p.m. - 2:00 p.m.

Labour Day Public Swim at Kinsmen (Pre-registration required)
2:30 p.m. - 4:00 p.m.

Lane Swim (Pre-registration required)
7:00 a.m. - 7:55 a.m.

Rehabilitation Swim (Pre-registration required)
7:15 a.m. - 8:45 a.m.

Lane Swim (1/2 Pool, Pre-registration required)
8:00 a.m. - 8:45 a.m.

Lane Swim (Pre-registration required)
9:00 a.m. - 9:55 a.m.

Lane Swim (1/2 Pool, Pre-registration required)
10:00 a.m. - 10:45 a.m.

Family Swim (Pre-registration required)
10:00 a.m. - 10:45 a.m.

Lane Swim (1/2 Pool, Pre-registration required)
11:00 a.m. - 12:00 p.m.

Public Swim (Pre-registration required)
11:15 a.m. - 12:30 p.m.

Seniors Swim (Pre-registration required)
2:00 p.m. - 3:00 p.m.

Lane Swim (Pre-registration required)

Lane Swim (Pre-registration required)
6:00 a.m. - 6:55 a.m.

Rehabilitation Swim (Pre-registration required)
6:30 a.m. - 7:45 a.m.

Lane Swim (Pre-registration required)
7:00 a.m. - 7:55 a.m.

Lane Swim (Pre-registration required)
8:00 a.m. - 8:45 a.m.

Family Swim (Pre-registration required)
9:00 a.m. - 10:30 a.m.

Lane Swim (1/2 Pool, Pre-registration required)
11:00 a.m. - 12:00 p.m.

Public Swim (Pre-registration required)
11:15 a.m. - 12:30 p.m.

Seniors Swim (Pre-registration required)
2:00 p.m. - 3:00 p.m.

Lane Swim (Pre-registration required)
3:00 p.m. - 3:45 p.m.

Rehabilitation Swim (Pre-registration required)

Lane Swim (Pre-registration required)
7:00 a.m. - 7:55 a.m.

Rehabilitation Swim (Pre-registration required)
7:15 a.m. - 8:45 a.m.

Lane Swim (1/2 Pool, Pre-registration required)
8:00 a.m. - 8:45 a.m.

Lane Swim (Pre-registration required)
9:00 a.m. - 9:55 a.m.

Lane Swim (1/2 Pool, Pre-registration required)
10:00 a.m. - 10:45 a.m.

Family Swim (Pre-registration required)
10:00 a.m. - 10:45 a.m.

Lane Swim (1/2 Pool, Pre-registration required)
11:00 a.m. - 12:00 p.m.

Public Swim (Pre-registration required)
11:15 a.m. - 12:30 p.m.

Seniors Swim (Pre-registration required)
2:00 p.m. - 3:00 p.m.

Lane Swim (Pre-registration required)

Lane Swim (Pre-registration required)
6:00 a.m. - 6:55 a.m.

Rehabilitation Swim (Pre-registration required)
6:30 a.m. - 7:45 a.m.

Lane Swim (Pre-registration required)
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Lane Swim (Pre-registration required)
8:00 a.m. - 8:45 a.m.

Family Swim (Pre-registration required)
9:00 a.m. - 10:30 a.m.

Lane Swim (1/2 Pool, Pre-registration required)
10:00 a.m. - 10:45 a.m.

Lane Swim (1/2 Pool, Pre-registration required)
11:00 a.m. - 12:00 p.m.

Public Swim (Pre-registration required)
11:15 a.m. - 12:30 p.m.

Seniors Swim (Pre-registration required)
2:00 p.m. - 3:00 p.m.

Lane Swim (Pre-registration required)

Rehabilitation Swim (Pre-registration required)
8:00 a.m. - 9:00 a.m.

Public Swim (Pre-registration required)
1:00 p.m. - 2:00 p.m.

Lane Swim (1/2 Pool, Pre-registration required)
1:00 p.m. - 2:00 p.m.

Lane Swim (1/2 Pool, Pre-registration required)
2:30 p.m. - 3:30 p.m.

Public Swim (Pre-registration required)
2:30 p.m. - 3:30 p.m.

		<p><u>required)</u> 3:00 p.m. - 3:45 p.m.</p> <p><u>Parent and Tot Swim (Pre-registration required)</u> 3:15 p.m. - 4:00 p.m.</p> <p><u>Public Swim (Pre-registration required)</u> 7:30 p.m. - 8:55 p.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 8:00 p.m. - 8:45 p.m.</p>	<p><u>required)</u> 3:15 p.m. - 4:00 p.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 8:00 p.m. - 8:45 p.m.</p>	<p><u>required)</u> 3:00 p.m. - 3:45 p.m.</p> <p><u>Parent and Tot Swim (Pre-registration required)</u> 3:15 p.m. - 4:00 p.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 8:00 p.m. - 8:45 p.m.</p>	<p><u>required)</u> 3:00 p.m. - 3:45 p.m.</p> <p><u>Rehabilitation Swim (Pre-registration required)</u> 3:15 p.m. - 4:00 p.m.</p>
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12	13	14	15	16	17	18
<p><u>Lane Swim (Pre-registration required)</u> 8:00 a.m. - 8:55 a.m.</p> <p><u>Rehabilitation Swim (Pre-registration required)</u> 8:00 a.m. - 9:00 a.m.</p> <p><u>Family Swim (Pre-registration required)</u> 9:00 a.m. - 10:15 a.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 9:00 a.m. - 10:00 a.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 1:00 p.m. - 2:00 p.m.</p> <p><u>Public Swim (Pre-registration required)</u> 1:00 p.m. - 2:00</p>	<p><u>Lane Swim (Pre-registration required)</u> 6:00 a.m. - 6:55 a.m.</p> <p><u>Rehabilitation Swim (Pre-registration required)</u> 6:30 a.m. - 7:45 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 7:00 a.m. - 7:55 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 8:00 a.m. - 8:45 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 8:00 a.m. - 8:45 a.m.</p> <p><u>Therapy Fitness</u> 9:00 a.m. - 9:50 a.m.</p> <p><u>Aqua Fitness</u> 9:00 a.m. - 9:50 a.m.</p> <p><u>Family Swim (Pre-registration required)</u> 9:00 a.m. - 9:50 a.m.</p>	<p><u>Lane Swim (Pre-registration required)</u> 7:00 a.m. - 7:55 a.m.</p> <p><u>Rehabilitation Swim (Pre-registration required)</u> 7:15 a.m. - 8:45 a.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 8:00 a.m. - 8:45 a.m.</p> <p><u>Aqua Fitness</u> 8:00 a.m. - 8:45 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 8:00 a.m. - 8:45 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 9:00 a.m. - 9:55 a.m.</p> <p><u>Tai Chi (Intermediate)</u> 9:15 a.m. - 10:15 a.m.</p> <p><u>Mix It Up</u> 9:45 a.m. - 10:45 a.m.</p>	<p><u>Lane Swim (Pre-registration required)</u> 6:00 a.m. - 6:55 a.m.</p> <p><u>Rehabilitation Swim (Pre-registration required)</u> 6:30 a.m. - 7:45 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 7:00 a.m. - 7:55 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 8:00 a.m. - 8:45 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 8:00 a.m. - 8:45 a.m.</p> <p><u>Aqua Fitness</u> 9:00 a.m. - 9:50 a.m.</p> <p><u>Family Swim (Pre-registration required)</u> 9:00 a.m. - 9:50 a.m.</p> <p><u>Strong</u></p>	<p><u>Lane Swim (Pre-registration required)</u> 7:00 a.m. - 7:55 a.m.</p> <p><u>Rehabilitation Swim (Pre-registration required)</u> 7:15 a.m. - 8:45 a.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 8:00 a.m. - 8:45 a.m.</p> <p><u>Aqua Fitness</u> 8:00 a.m. - 8:45 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 8:00 a.m. - 8:45 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 9:00 a.m. - 9:55 a.m.</p> <p><u>Therapy Fitness</u> 9:00 a.m. - 9:50 a.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u></p>	<p><u>Lane Swim (Pre-registration required)</u> 6:00 a.m. - 6:55 a.m.</p> <p><u>Rehabilitation Swim (Pre-registration required)</u> 6:30 a.m. - 7:45 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 7:00 a.m. - 7:55 a.m.</p> <p><u>Lane Swim (Pre-registration required)</u> 8:00 a.m. - 8:45 a.m.</p> <p><u>Muck & Mess</u> 9:00 a.m. - 10:00 a.m.</p> <p><u>Aqua Fitness</u> 9:00 a.m. - 9:50 a.m.</p> <p><u>Family Swim (Pre-registration required)</u></p>	<p><u>Rehabilitation Swim (Pre-registration required)</u> 8:00 a.m. - 9:00 a.m.</p> <p><u>Public Swim (Pre-registration required)</u> 1:00 p.m. - 2:00 p.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 1:00 p.m. - 2:00 p.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 2:30 p.m. - 3:30 p.m.</p> <p><u>Public Swim (Pre-registration required)</u> 2:30 p.m. - 3:30 p.m.</p>

Family Swim
(Pre-registration required)

9:00 a.m. - 10:15 a.m.

Lane Swim
(1/2 Pool, Pre-registration required)

9:00 a.m. - 10:00 a.m.

Aqua Cross Training

11:00 a.m. - 11:55 a.m.

Aqua Mind and Body

12:10 p.m. - 12:55 p.m.

Lane Swim
(1/2 Pool, Pre-registration required)

1:00 p.m. - 2:00 p.m.

Public Swim
(Pre-registration required)

1:00 p.m. - 2:00 p.m.

Lane Swim
(1/2 Pool, Pre-registration required)

2:30 p.m. - 3:30 p.m.

Public Swim
(Pre-registration required)

2:30 p.m. - 3:30 p.m.

Lane Swim
(Pre-registration required)

7:00 a.m. - 7:55 a.m.

Lane Swim
(Pre-registration required)

8:00 a.m. - 8:45 a.m.

Aqua Fitness

9:00 a.m. - 9:50 a.m.

Family Swim
(Pre-registration required)

9:00 a.m. - 10:30 a.m.

Strong Seniors

9:15 a.m. - 10:00 a.m.

Strong Seniors
(Zoom)

9:15 a.m. - 10:00 a.m.

Aqua Fitness

10:00 a.m. - 10:50 a.m.

Gentle Pilates
(Zoom)

10:30 a.m. - 11:30 a.m.

Gentle Pilates

10:30 a.m. - 11:30 a.m.

Lane Swim
(1/2 Pool, Pre-registration required)

11:00 a.m. - 12:00 p.m.

Public Swim
(Pre-registration required)

11:15 a.m. - 12:30 p.m.

Line Dancing - Experienced

11:30 a.m. -

Lane Swim
(1/2 Pool, Pre-registration required)

8:00 a.m. - 8:45 a.m.

FDC Indoor Track

8:00 a.m. - 9:00 a.m.

Aqua Fitness

8:00 a.m. - 8:45 a.m.

Therapy Fitness

9:00 a.m. - 9:50 a.m.

Lane Swim
(Pre-registration required)

9:00 a.m. - 9:55 a.m.

Tai Chi
(Intermediate)

9:15 a.m. - 10:15 a.m.

FDC Indoor Track

9:15 a.m. - 10:15 a.m.

Mix It Up

9:45 a.m. - 10:45 a.m.

Lane Swim
(1/2 Pool, Pre-registration required)

10:00 a.m. - 10:45 a.m.

Joint Replacement Rehabilitation

10:00 a.m. - 10:45 a.m.

Family Swim
(Pre-registration required)

10:00 a.m. - 10:45 a.m.

Older Adult Yoga (50+) (Zoom)

10:15 a.m. -

Lane Swim
(Pre-registration required)

7:00 a.m. - 7:55 a.m.

Lane Swim
(Pre-registration required)

8:00 a.m. - 8:45 a.m.

FDC Indoor Track

8:00 a.m. - 9:00 a.m.

Family Swim
(Pre-registration required)

9:00 a.m. - 10:30 a.m.

Aqua Fitness

9:00 a.m. - 9:50 a.m.

FDC Indoor Track

9:15 a.m. - 10:15 a.m.

Strong Seniors

9:15 a.m. - 10:00 a.m.

Strong Seniors
(Zoom)

9:15 a.m. - 10:00 a.m.

Aqua Fitness

10:00 a.m. - 10:50 a.m.

FDC Indoor Track

10:30 a.m. - 11:30 a.m.

Stretch & Balance Fit

10:30 a.m. - 11:30 a.m.

Stretch & Balance Fit
(Zoom)

10:30 a.m. - 11:30 a.m.

FDC Indoor Track

8:00 a.m. - 9:00 a.m.

Lane Swim
(1/2 Pool, Pre-registration required)

8:00 a.m. - 8:45 a.m.

Aqua Fitness

8:00 a.m. - 8:45 a.m.

Lane Swim
(Pre-registration required)

9:00 a.m. - 9:55 a.m.

Therapy Fitness

9:00 a.m. - 9:50 a.m.

FDC Indoor Track

9:15 a.m. - 10:15 a.m.

Family Swim
(Pre-registration required)

10:00 a.m. - 10:45 a.m.

Lane Swim
(1/2 Pool, Pre-registration required)

10:00 a.m. - 10:45 a.m.

Older Adult Yoga (50+)

10:15 a.m. - 11:15 a.m.

Older Adult Yoga (50+) (Zoom)

10:15 a.m. - 11:15 a.m.

Stretch & Strengthen
(Zoom)

10:30 a.m. - 11:30 a.m.

FDC Indoor Track

Lane Swim
(Pre-registration required)

7:00 a.m. - 7:55 a.m.

Lane Swim
(Pre-registration required)

8:00 a.m. - 8:45 a.m.

FDC Indoor Track

8:00 a.m. - 9:00 a.m.

Muck & Mess

9:00 a.m. - 10:00 a.m.

Family Swim
(Pre-registration required)

9:00 a.m. - 10:30 a.m.

Aqua Fitness

9:00 a.m. - 9:50 a.m.

FDC Indoor Track

9:15 a.m. - 10:15 a.m.

Older Adult Yoga (50+)

9:30 a.m. - 10:30 a.m.

Older Adult Yoga (50+) (Zoom)

9:30 a.m. - 10:30 a.m.

Lane Swim
(1/2 Pool, Pre-registration required)

10:00 a.m. - 10:45 a.m.

Critters & Dinos

10:15 a.m. - 11:15 a.m.

Mix It Up

10:30 a.m. - 11:30 a.m.

Track
9:15 a.m. - 10:15 a.m.

FDC Indoor Track

10:30 a.m. - 11:30 a.m.

FDC Indoor Track

11:45 a.m. - 12:45 p.m.

Public Swim
(Pre-registration required)

1:00 p.m. - 2:00 p.m.

Lane Swim
(1/2 Pool, Pre-registration required)

1:00 p.m. - 2:00 p.m.

FDC Indoor Track

1:00 p.m. - 2:00 p.m.

FDC Indoor Track

2:15 p.m. - 3:15 p.m.

Lane Swim
(1/2 Pool, Pre-registration required)

2:30 p.m. - 3:30 p.m.

Public Swim
(Pre-registration required)

2:30 p.m. - 3:30 p.m.

FDC Indoor Track

3:30 p.m. - 4:30 p.m.

FDC Indoor Track

4:45 p.m. - 5:45 p.m.

FDC Indoor Track

6:00 p.m. - 7:00 p.m.

	12:30 p.m. <u>Deep Water Aqua Fitness</u> 12:00 p.m. - 12:45 p.m.	11:15 a.m. <u>Older Adult Yoga (50+)</u> 10:15 a.m. - 11:15 a.m.	<u>Chair Yoga</u> 11:00 a.m. - 11:45 a.m.	10:30 a.m. - 11:30 a.m. <u>Stretch & Strengthen</u> 10:30 a.m. - 11:30 a.m.	<u>Mix It Up (Zoom)</u> 10:30 a.m. - 11:30 a.m.	<u>FDC Indoor Track</u> 7:15 p.m. - 8:15 p.m.
26 <u>FDC Indoor Track</u> 8:00 a.m. - 9:00 a.m. <u>Rehabilitation Swim (Pre-registration required)</u> 8:00 a.m. - 9:00 a.m. <u>Lane Swim (Pre-registration required)</u> 8:00 a.m. - 8:55 a.m. <u>Family Swim (Pre-registration required)</u> 9:00 a.m. - 10:15 a.m. <u>Lane Swim (1/2 Pool, Pre-registration required)</u> 9:00 a.m. - 10:00 a.m. <u>FDC Indoor Track</u> 9:15 a.m. - 10:15 a.m. <u>FDC Indoor Track</u> 10:30 a.m. - 11:30 a.m. <u>Aqua Cross Training</u> 11:00 a.m. - 11:55 a.m. <u>FDC Indoor Track</u> 11:45 a.m. - 12:45 p.m. <u>Aqua Mind and Body</u> 12:10 p.m. - 12:55 p.m.	27 <u>Lane Swim (Pre-registration required)</u> 6:00 a.m. - 6:55 a.m. <u>Rehabilitation Swim (Pre-registration required)</u> 6:30 a.m. - 7:45 a.m. <u>Lane Swim (Pre-registration required)</u> 7:00 a.m. - 7:55 a.m. <u>Lane Swim (Pre-registration required)</u> 8:00 a.m. - 8:45 a.m. <u>FDC Indoor Track</u> 8:00 a.m. - 9:00 a.m. <u>Family Swim (Pre-registration required)</u> 9:00 a.m. - 10:30 a.m. <u>Aqua Fitness</u> 9:00 a.m. - 9:50 a.m. <u>FDC Indoor Track</u> 9:15 a.m. - 10:15 a.m. <u>Strong Seniors</u> 9:15 a.m. - 10:00 a.m. <u>Strong Seniors (Zoom)</u>	28 <u>Lane Swim (Pre-registration required)</u> 7:00 a.m. - 7:55 a.m. <u>Rehabilitation Swim (Pre-registration required)</u> 7:15 a.m. - 8:45 a.m. <u>FDC Indoor Track</u> 8:00 a.m. - 9:00 a.m. <u>Lane Swim (1/2 Pool, Pre-registration required)</u> 8:00 a.m. - 8:45 a.m. <u>Aqua Fitness</u> 8:00 a.m. - 8:45 a.m. <u>Therapy Fitness</u> 9:00 a.m. - 9:50 a.m. <u>Lane Swim (Pre-registration required)</u> 9:00 a.m. - 9:55 a.m. <u>FDC Indoor Track</u> 9:15 a.m. - 10:15 a.m. <u>Tai Chi (Intermediate)</u> 9:15 a.m. - 10:15 a.m. <u>Mix It Up</u> 9:45 a.m. - 10:45 a.m. <u>Lane Swim</u>	29 <u>Lane Swim (Pre-registration required)</u> 6:00 a.m. - 6:55 a.m. <u>Rehabilitation Swim (Pre-registration required)</u> 6:30 a.m. - 7:45 a.m. <u>Lane Swim (Pre-registration required)</u> 7:00 a.m. - 7:55 a.m. <u>Lane Swim (Pre-registration required)</u> 8:00 a.m. - 8:45 a.m. <u>FDC Indoor Track</u> 8:00 a.m. - 9:00 a.m. <u>Family Swim (Pre-registration required)</u> 9:00 a.m. - 10:30 a.m. <u>Aqua Fitness</u> 9:00 a.m. - 9:50 a.m. <u>FDC Indoor Track</u> 9:15 a.m. - 10:15 a.m. <u>Strong Seniors</u> 9:15 a.m. - 10:00 a.m. <u>Strong Seniors (Zoom)</u>	30 <u>Lane Swim (Pre-registration required)</u> 7:00 a.m. - 7:55 a.m. <u>Rehabilitation Swim (Pre-registration required)</u> 7:15 a.m. - 8:45 a.m. <u>FDC Indoor Track</u> 8:00 a.m. - 9:00 a.m. <u>Lane Swim (1/2 Pool, Pre-registration required)</u> 8:00 a.m. - 8:45 a.m. <u>Aqua Fitness</u> 8:00 a.m. - 8:45 a.m. <u>Therapy Fitness</u> 9:00 a.m. - 9:50 a.m. <u>Lane Swim (Pre-registration required)</u> 9:00 a.m. - 9:55 a.m. <u>FDC Indoor Track</u> 9:15 a.m. - 10:15 a.m. <u>Family Swim (Pre-registration required)</u> 10:00 a.m. - 10:45 a.m. <u>Lane Swim (1/2 Pool, Pre-registration required)</u>	1	2

<p><u>FDC Indoor Track</u> 1:00 p.m. - 2:00 p.m.</p> <p><u>Public Swim (Pre-registration required)</u> 1:00 p.m. - 2:00 p.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 1:00 p.m. - 2:00 p.m.</p> <p><u>FDC Indoor Track</u> 2:15 p.m. - 3:15 p.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 2:30 p.m. - 3:30 p.m.</p>	<p>9:15 a.m. - 10:00 a.m.</p> <p><u>Aqua Fitness</u> 10:00 a.m. - 10:50 a.m.</p> <p><u>FDC Indoor Track</u> 10:30 a.m. - 11:30 a.m.</p> <p><u>Gentle Pilates (Zoom)</u> 10:30 a.m. - 11:30 a.m.</p> <p><u>Gentle Pilates</u> 10:30 a.m. - 11:30 a.m.</p> <p><u>Lane Swim (1/2 Pool, Pre-registration required)</u> 11:00 a.m. - 12:00 p.m.</p>	<p><u>(1/2 Pool, Pre-registration required)</u> 10:00 a.m. - 10:45 a.m.</p> <p><u>Family Swim (Pre-registration required)</u> 10:00 a.m. - 10:45 a.m.</p> <p><u>Joint Replacement Rehabilitation</u> 10:00 a.m. - 10:45 a.m.</p> <p><u>Older Adult Yoga (50+) (Zoom)</u> 10:15 a.m. - 11:15 a.m.</p> <p><u>Older Adult Yoga (50+)</u> 10:15 a.m. - 11:15 a.m.</p>	<p>9:15 a.m. - 10:00 a.m.</p> <p><u>Aqua Fitness</u> 10:00 a.m. - 10:50 a.m.</p> <p><u>FDC Indoor Track</u> 10:30 a.m. - 11:30 a.m.</p> <p><u>Stretch & Balance Fit</u> 10:30 a.m. - 11:30 a.m.</p> <p><u>Stretch & Balance Fit (Zoom)</u> 10:30 a.m. - 11:30 a.m.</p> <p><u>Chair Yoga</u> 11:00 a.m. - 11:45 a.m.</p>	<p><u>required)</u> 10:00 a.m. - 10:45 a.m.</p> <p><u>Older Adult Yoga (50+)</u> 10:15 a.m. - 11:15 a.m.</p> <p><u>Older Adult Yoga (50+) (Zoom)</u> 10:15 a.m. - 11:15 a.m.</p> <p><u>Stretch & Strengthen (Zoom)</u> 10:30 a.m. - 11:30 a.m.</p> <p><u>FDC Indoor Track</u> 10:30 a.m. - 11:30 a.m.</p> <p><u>Stretch & Strengthen</u> 10:30 a.m. - 11:30 a.m.</p>		
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Start Date: 09/01/2021
End Date: 09/30/2021

<http://calendar.quintesportsandwellnesscentre.ca>