

# Aqua Fitness Drop-In Schedule

Summer 2025



For the most up-to-date closures and cancellations please visit [newmarket.ca/schedules](http://newmarket.ca/schedules)

## Andrin Lakeview Aquatic Centre (Magna Centre)

Effective June 30, 2025. Subject to change at any time

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<b>Aqua Fit Combo</b> (Medium Intensity)			9 to 9:45 a.m. Karen	<b>New Instructor!</b> 9 to 9:45 a.m. Tima	10 to 10:45 a.m. Gwynne	8:45 to 9:30 a.m. Gwynne
<b>Bootcamp</b> (High Intensity)	9:50 to 10:35 a.m. Karen	9 to 9:45 a.m. Natalia				
<b>Fit Forever</b> (Low Intensity)		9:50 to 10:35 a.m. Natalia	9:50 to 10:35 a.m. Karen			
<b>Hydro Power</b> (Med-High Intensity)	9 to 9:45 a.m. Karen					
<b>Aqua Zumba</b> (Med-High Intensity)		8:15 to 9 p.m.** Charlene		8:15 to 9 p.m.** Charlene		
<b>New Class!</b> <b>Aqua Inferno:</b> <b>Lower Body Focus</b> (Medium Intensity)				<b>New Class!</b> 9:50 to 10:35 a.m. Jeries		
<b>Aqua Leisure</b>					9 to 9:45 a.m.	

## Ray Twinney Recreation Complex

	Monday	Tuesday	Wednesday	Thursday	Friday	PLEASE NOTE
<b>Hydro Power</b> (Med-High Intensity)			<b>New Evening Class!</b> 8 to 8:45 p.m.** Vivian			<b>**Aqua Fitness takes place in Lanes 1-4</b>  <b>Pool space is shared with other programming.</b>  Check in closes for each class 5 minutes after the start time of the class.
<b>New Class!</b> <b>Hydro Power Deep (Deep Well Only)</b> (Med-High Intensity)	<b>New Instructor!</b> 7 to 7:45 a.m. Vivian		<b>New Instructor!</b> 7 to 7:45 a.m. Vivian			
<b>H2O Repair</b> (Low Intensity)	10 to 10:30 a.m. & 10:30 to 11 a.m. Gwynne			10 to 10:30 a.m. & 10:30 to 11 a.m. Gwynne		
<b>New Class!</b> <b>Aqua Inferno: Upper Body Focus</b> (Medium Intensity)		<b>New Class!</b> 8 to 8:45 a.m. Jeries				
<b>Fit Forever</b> (Low Intensity)	<b>New Instructor!</b> 8 to 8:45 a.m. Tima		<b>New Instructor!</b> 8 to 8:45 a.m. Tima			

## Gorman Outdoor Pool

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Aqua Fit Combo</b> (Med Intensity)	11:15 a.m. to 12 p.m. Gwynne	11:15 a.m. to 12 p.m. Gwynne		11:15 a.m. to 12 p.m. Gwynne	11:15 a.m. to 12 p.m. Gwynne
<b>Aqua Leisure</b>			11:15 a.m. to 12 p.m.		

[newmarket.ca/schedules](http://newmarket.ca/schedules)

Ray Twinney Recreation Complex (100 Eagle Street West)  
Magna Centre (800 Mulock Drive)  
Peter Gorman Outdoor Pool (424 D'Arcy Street)

Updated June 18, 2025



# Aqua Fitness Class Descriptions

[newmarket.ca/schedules](http://newmarket.ca/schedules)

## **Aqua Bootcamp**

Focus is on a cardio challenge, core strength and improving muscle tone from tops to toes! This aqua workout provides a low impact but a high energy challenge for participants of all ages, skills and fitness levels.

## **Aquafit Combo**

An "all exercise workout to music, participants will move through combinations of a total body workout as you move through all depths of the pool.

## **Aqua Inferno: Upper Body Focus**

Ignite your upper body strength in this energizing water-based workout! Designed to target your back, chest, triceps, biceps, core, and cardiovascular system, this class uses the natural resistance of water to build strength, endurance, and mobility—no equipment required. Suitable for all fitness levels, it's a joint-friendly yet challenging workout that will leave you feeling powerful from the waist up. No swimming skills necessary.

## **Aqua Inferno: Lower Body Focus**

Strengthen, sculpt, and stabilize with this invigorating lower-body workout in the water. Focusing on your hips, thighs, glutes, and calves—with a dash of shoulder engagement—this class leverages water's resistance to tone and build strength without the strain on your joints. Ideal for improving mobility, balance, and lower-body endurance, it's perfect for all fitness levels seeking a refreshing yet effective workout.

## **Aqua Leisure**

No instructor? No problem. This is a dedicated pool time for individuals 13 years of age & older to continue to work on their Aqua Fitness exercises at their own pace & intensity. No instructor will be present to teach a class.

## **Aqua Zumba®**

A 'pool party' workout for all ages! An effective and challenging workout that integrates the Latin flair of Zumba® in the water! Get ready to move and feel this class with the resistance of dancing in the water.

## **Fit Forever**

Geared to 55 years old and up, you can expect to leave this class feeling great! With fitness-level focused choreography and intensity that can be modified, you can expect to be using the shallow and deep ends of the pool.

## **Hydro Power**

This invigorating class improves cardio conditioning, muscular strength and endurance using buoyancy and resistance of water. It removes the impact of high-intensity land workouts while still working the body and getting results!

## **Hydro Power Deep**

Dive into this high-energy, deep-water workout designed to boost cardiovascular health, build muscular strength, and enhance endurance. Held in the deep well of the pool, this invigorating class uses the natural resistance and buoyancy of water to deliver a challenging full-body workout—without impact on the joints. Everyone will be provided with an aqua belt for support and stability. Get moving, feel strong, and take charge of your fitness in this dynamic, high intensity aquafit class.

## **H2O Repair**

This 30-minute gentle stretching and strengthening class takes place in the swirl pool. This class will ease your joints, muscles and help with injury recovery.