

Class times and instructors are subject to change without notice. Call the club at 905-385-2555 for class updates. Please inform your instructor of any injuries, surgeries or concerns

PD - Class is a paid program at an extra cost

CO - Class is CO-ED

M - Class taught by male instructor

New! – Class is either with a new schedule/time/instructor





BOUTIQUE Fit
WOMEN'S GYM


Boutique Fit Aquatics Class Schedule

BOUTIQUE Fit
WOMEN'S GYM

***For class updates on the go – follow us on Instagram @Boutiquefitgym

Classes vary seasonally See club for schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am – 9:55 am Aqua-Fit Denise CO		9:30am-10:30am Aqua-Fit Denise CO		9:30am - 10:00am 		
					11:00am – 11:45am  Catherine/Tarah CO	
8:15pm- 9:00pm  Catherine CO	New! 8:15pm – 9:00pm Aqua-Fit Monica CO	New! 8:30pm – 9:00pm  Catherine CO				

 : Aqua Zumba blends the Zumba philosophy with water resistance , for one pool party you shouldn't miss. This is less impact on your joints during an Aqua Zumba class, so you can really let loose. Our Hamilton women love our Aqua Zumba class.

Aqua-Fit: Aqua-Fit is a cardio-cased water workout that can be done in shallow or deep water. Some muscle conditioning may be included in the class with a variety of equipment like water weights, floatation belts and pool noodles. This is the class for you if you have joint pain or are looking for a no impact way to get in shape.