



Aquafit Class Fall 2026 Drop-In Schedule

SEPTEMBER 8. 2026 – JANUARY 3. 2027 RichmondHill.ca/Fitness

LOCATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BAYVIEW HILL POOL Closed November 23 – December 20		Aquafit Intense 9:45 – 10:35 a.m. Nina Aquafit Combo 8 – 8:50 p.m. Lori		Aquafit Intense 9:45 – 10:35 a.m. Niloufar Aquafit Combo 8 – 8:50 p.m. Shadi		Aquafit Intense 9:45 – 10:35 a.m. Setayesh	
ELGIN WEST POOL Closed December 10 – 26		Aquafit Intense 9:35 – 10:25 a.m. Lori	Aquafit Boot Camp 7:35 – 8:25 p.m. Roya	Aquafit Intense 8:35 – 9:25 a.m. Aquafit Intense 9:35 – 10:25 a.m. Kathy	Aquafit Combo 7:35 – 8:25 p.m. Roya	Aquafit Intense 9:35 – 10:25 a.m. Lori	
OAK RIDGES POOL No Boot Camp September 10	Aquafit Intense 8:10 – 9 a.m. Farnoush		Aquafit Combo 8:30 – 9:20 a.m. Debbie Aquafit Intense 8:15 – 9:05 p.m. Katsia		Aquafit Combo 8:30 – 9:20 a.m. Niloufar Aquafit Boot Camp 8:15 – 9:05 p.m. Fariba		
RICHVALE POOL Closed September 8 – 21			Aquafit Combo 9:20 – 10:10 a.m. Kae		Aquafit Combo 9:20 – 10:10 a.m. Kae		
WAVE POOL *Registration is required		Aquafit Combo 8:55 – 9:45 a.m. Kae AquaStretch* 9:45 – 10:30 a.m. Denise Aquafit Intense 9:45 – 10:35 a.m. Kae		Aquafit Intense 8:55 – 9:45 a.m. Lori AquaStretch* 9:45 – 10:30 a.m. Kae Aquafit Combo 9:45 – 10:35 a.m. Lori		Aquafit Combo 8:55 – 9:45 a.m. Kae AquaStretch* 9:45 – 10:30 a.m. Denise Aquafit Combo 9:45 – 10:35 a.m. Kae	

Closures: Monday, September 7, Friday, October 12 – Thanksgiving, Friday, December 25 – Christmas Day, Friday, December 26 – Boxing Day, Friday, January 1 – New Year's Day

Updated: September 17, 2026

Aquafit Class Descriptions

Aquafit Boot Camp

Looking for a challenge? This class offers boot camp in the pool! It features a mix of interval cardio exercises of varying intensity, and creatively incorporates equipment, to increase your strength and aerobic endurance in both the shallow and deep ends.

Aquafit Combo

Plunge into fitness with this combo aquafit program! It offers a well-rounded workout that includes a warmup, cardio segment, muscle conditioning, and cooldown. The water provides non-impact support for joints, as well as extra resistance for muscles in both the shallow and deep ends of the pool. This program is suitable for all fitness levels, and non-swimmers are welcome.

Aquafit Intense

This aquafit program is designed to add intensity. You will use water dumbbells throughout the conditioning segment of the workout. This program is suitable for all fitness levels, and non-swimmers are welcome.

AquaStretch - Shallow & Deep *pre-registration is required

Let the water ease your pain with this arthritis-friendly program. This class, which takes place in the chest-deep part/deep end of the therapy pool, offers muscle strengthening, range of motion exercises, and relaxation techniques. The temperature of the pool is approximately 95 F. Space in this program is limited, so be sure to sign up early.

FITNESS CLASS FEES

AGE	SINGLE	10 VISIT PASS	MONTHLY MEMBERSHIP	YEARLY MEMBERSHIP
Teen (14-17)	\$8.20	\$73.85	\$29.05	\$278.97
Adult (18-64)	\$11.75	\$105.50	\$41.50	\$398.37
Senior (65+)	\$8.20	\$73.85	\$29.05	\$278.97

*Yearly membership will be valid from day of purchase. No cancellations, refunds, extensions, or suspensions.

Non-Resident Fee: \$15 per registered program and Memberships surcharge of 25%

Fee's valid until December 31, 2026