

2026

JUNE



CHETWYND & DISTRICT RECREATION CENTRE MONTHLY WATERFIT CALENDAR

WORKOUT TYPE

Mix	Shallow
Deep	HIIT

WORKOUT DESCRIPTION

Mix: A blend of deep and shallow water exercises designed to target your entire body through three sets of carefully curated workouts.

Deep: Waterfit in the deep end offers a full-body workout with a focus on cardio and balance. For an extra challenge, participants can opt for a flotation belt or try treading water.

Shallow: A total fitness experience, crafted to provide a full-body workout with a focus on cardiovascular health and balance.

HIIT: A HIIT (High-Intensity Interval Training) workout involves short bursts of intense anaerobic exercise, pushing your heart rate to near-maximal levels, followed by brief recovery periods (active or complete rest) before repeating the cycle. This workout is done with loud music.

	SUN	MON	TUE	WED	THU	FRI	SAT
		01 Mix Waterfit 9:00am-10:00am	02 Mix Waterfit 5:30PM-6:30PM	03 Shallow Waterfit 9:00am-10:00am	04 Mix Waterfit 5:30PM-6:30PM	05 Mix Waterfit 9:00am-10:00am	06
07		08 Mix Waterfit 9:00am-10:00am	09 Mix Waterfit 5:30PM-6:30PM	10 Deep Waterfit 9:00am-10:00am	11 Deep Waterfit 5:30PM-6:30PM	12 Mix Waterfit 9:00am-10:00am	13
14		15 Mix Waterfit 9:00am-10:00am	16 Mix Waterfit 5:30PM-6:30PM	17 HIIT Waterfit 9:00am-10:00am	18 HIIT Waterfit 5:30PM-6:30PM	19 Mix Waterfit 9:00am-10:00am	20
21		22 Mix Waterfit 9:00am-10:00am	23 Shallow Waterfit 5:30PM-6:30PM	24 Shallow Waterfit 9:00am-10:00am	25 Mix Waterfit 5:30PM-6:30PM	26 Mix Waterfit 9:00am-10:00am	27
28		29 Mix Waterfit 9:00am-10:00am	30 Mix Waterfit 5:30PM-6:30PM				

*SCHEDULE IS SUBJECT TO CHANGE