

AQUACISE STARTS ITS NEW SEASON

Pumping music, sociable surroundings and an alternative way to work all the muscles in the body, is making Aquacise an appealing option for the growing numbers of people who are participating in the classes. It is one of only a few sports that can be undertaken by anyone, regardless of height, weight, build, size, gender or age. Aquacise offers aerobic, flexibility, and toning exercises for adults. Instructors can help you increase or decrease the intensity of your movements to suit your needs. Most classes consist of a warm-up, aerobic section, range of movement, toning section, and stretching. Swim skills not required!

Classes will be held as follows:

Mon, Wed & Fri 0830 – 0930

Cost

Rec Card Holders:

For \$42.00 HST included, you can purchase an Aquacise Card containing 10 classes at the Fitness and Sports Centre.

Or

Rec Card Holders can pay the drop-in rate of \$5.00 per class (HST included)

Non Rec Card Holders:

For \$55.00 HST included, you can purchase an Aquacise Card containing 10 classes at the Fitness and Sports Centre.

Or

Non Rec Card Holders can pay the drop-in rate of \$8.50 (HST Included)

Summer classes are taught in two week intervals by registration only which fees are varied. Classes will only be held with a minimum of 10 people registered.