



## FITNESS CLASSES 2018

### MORNING AQUA FIT

**Tuesdays 8:45 to 9:45am**

This class incorporates a wide range of exercises designed to improve cardiovascular fitness, and over-all mobility.

#### Course #

#### 2018

<b>3245</b>	January 9 to February 27	8 Classes	Cost: \$56.00	Pass holder: \$51.00
<b>3246</b>	March 6 to April 10 (No class March 27)	5 Classes	Cost: \$35.00	Pass holder: \$30.00

### MORNING AQUA FIT

**Thursdays 8:45 to 9:45am**

#### Course #

#### 2018

<b>3249</b>	January 11 to February 22 (No class February 8)	6 Classes	Cost: \$42.00	Pass holder: \$37.00
<b>3250</b>	March 1 to April 5 (No class March 29)	5 Classes	Cost: \$35.00	Pass holder: \$30.00





**EVENING AQUA FIT**  
**Monday and Wednesday 8:00 to 9:00pm**

This shallow water class uses a combination of exercises and equipment in the water for a varied workout. Swimming ability is not required, but basic comfort in the water is recommended.

**Course #**

**2018**

<b>3254</b>	January 8 to January 31 <b>(No class Jan 15)</b>	8 Classes	Cost: \$56.00	Pass holder: \$51.00
<b>3255</b>	February 5 to February 28 <b>(No class February 19 – Family Day)</b>	7 Classes	Cost: \$49.00	Pass holder: \$44.00
<b>3256</b>	March 5 to March 21	6 Classes	Cost: \$42.00	Pass holder: \$37.00
<b>3257</b>	April 4 to April 30	8 Classes	Cost: \$56.00	Pass holder: \$51.00

