



FITNESS CLASSES 2019/2020

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

2019

3703	October 1 to October 29	5 Classes	Cost: \$35.00	Pass holder: \$30.00
3704	November 5 to December 17 (No classes Nov 12)	6 Classes	Cost: \$42.00	Pass holder: \$37.00

2020

3709	January 7 to February 25	8 Classes	Cost: \$56.00	Pass holder: \$51.00
3710	March 3 to April 28 (No class March 31)	8 Classes	Cost: \$56.00	Pass holder: \$51.00
3711	May 5 to June 23 (*Please note* this session time will run 7:45-8:45am)	8 Classes	Cost: \$56.00	Pass holder: \$51.00

MORNING AQUA FIT **Thursdays 8:45 to 9:45am**

Course

2019

3705	October 3 to November 7	6 Classes	Cost: \$42.00	Pass holder: \$37.00
3706	November 21 to December 19	5 Classes	Cost: \$35.00	Pass holder: \$30.00

2020

3712	January 9 to February 27 (No class February 6)	7 Classes	Cost: \$49.00	Pass holder: \$44.00
3713	March 5 to April 30 (No class April 2)	8 Classes	Cost: \$56.00	Pass holder: \$49.00
3714	May 7 to June 25 (*Please note* this session time will run 7:45-8:45am)	8 Classes	Cost: \$56.00	Pass holder: \$49.00

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 #

2019

3707	October 7 to November 6 (No class October 14 – Thanksgiving)	9 Classes	Cost: \$63.00	Pass holder: \$56.00
3708	November 18 to December 18	10 Classes	Cost: \$70.00	Pass holder: \$63.00

2020

3715	January 6 to January 29	8 Classes	Cost: \$56.00	Pass holder: \$51.00
3716	February 3 to February 26 (No class February 17 – Family Day)	7 Classes	Cost: \$49.00	Pass holder: \$44.00
3717	March 2 to March 25	8 Classes	Cost: \$56.00	Pass holder: \$51.00
3718	April 6 to April 29 (No Class April 13 – Easter Monday)	7 Classes	Cost: \$49.00	Pass holder: \$42.00