

# **Aqua Fitness Classes**

## **@ the Kinsmen Aquatic Centre**

### **Morning**

#### **Aqua Fitness**

Tuesday & Thursdays  
9:30 - 10:30 a.m.

### **Afternoon Aqua**

#### **Fitness**

Thursdays  
5:00 - 6:00 p.m.

### **Evening**

#### **Aqua Fitness**

Monday & Wednesdays  
7:05—8:00 p.m.

Cost: \$8/drop-in  
\$72/10 punch card



**Aqua Fitness Classes are for anyone and everyone,  
come try them out @ the Kinsmen Aquatic Centre!**