

Aqua Fitness Classes @Kinsmen Aquatic Centre

**Morning
Aqua Fitness**
Tuesdays &
Thursdays
9:30 - 10:30 a.m.

**Evening
Aqua Fitness**
Tuesdays &
Thursdays
7:05 - 8:00 p.m.

**Afternoon
Aqua Fitness
(NEW!)**
Wednesdays
5:00 - 6:00 p.m.

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



**Aqua Fitness classes are for anyone & everyone.
Bring a friend and come try it out!**