

Aqua Fitness Classes

@ the Kinsmen Aquatic Centre



Morning

Evening

Aqua Fitness

Aqua Fitness

Tuesdays &
Thursdays

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Thursdays

9:30 - 10:30 a.m.

7:05 - 8:00 p.m.



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



Aqua Fitness classes are for
ANYONE and EVERYONE!

See you at the Kinsmen Aquatic Centre!