

PPL PRESENTS

# AQUAFIT

ALL LEVELS WELCOME

**MONDAYS &  
WEDNESDAY  
MORNINGS**



This is a great class for adults of all ages, skills and fitness levels! **\*Conducted in shallow end of pool.**

Aquafit is easy on your joints and can be used to build up cardiovascular endurance, strengthen your core, and improve overall muscle tone. Jump in and make a splash with us in this low-impact exercise class!

## **Details:**

**Length: 12 Weeks (January 23 -April 19, 2023)**

**Start Date & Time: Mondays: Jan. 23, Wednesdays: Jan. 25 /10-11 am**

**Price: \$120.00 - 1X/day per week or \$240.00 - 2X/days per week**

### **CLASS REGISTRATION INFORMATION & REQUIREMENTS:**

The class size will be limited to 10 people to allow for adequate spacing between participants. Participants must be fully vaccinated to participate and provide proof at first class. Register with the Recreation Coordinator at the Recreation Centre of Leaside Towers. Payments must be paid in full (cash or cheque payable to PPL) to guarantee your spot.

**CONTACT INFORMATION:** Recreation Coordinator at the Recreation desk 416-421-2971 or Lucy Arkell, Fitness Instructor, [lucy.arkell1@gmail.com](mailto:lucy.arkell1@gmail.com) or 416-550-7422

**BROUGHT  
TO YOU BY**

