

PPL PRESENTS

# AQUAFIT

## FREE TRIAL CLASS:

### MONDAY MARCH 27, 11:15 – 12 noon

Ever wondered about aquafit and whether a class might be right for you?

Come out for a free 45-minute trial class on Monday March 27<sup>th</sup> @ 11:15 am in the pool at the Fitness Club. The class is conducted in the shallow end of the pool and is great for adults of all ages, skills, and fitness levels! You do not have to be able to swim to attend.

Aquafit is easy on your joints and can be used to build up cardiovascular endurance, strengthen your core, and improve overall muscle tone.

Pre-registration Required: Space is limited! Sign up with the Recreation Coordinator at the Fitness Club to reserve your spot in person or by calling 416-421-2971.

