

PPL PRESENTS

AQUAFIT

ALL LEVELS WELCOME

SPRING SESSION 2023:

APRIL 24 – JULY 3

**MONDAY & 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: Spring Session

Length: 10 Weeks (April 24 – July 3, 2023)

Start Date & Time: Mondays: April 24, Wednesdays: April 26 /10-11 am

Price: \$100.00 - 1X/day per week or \$200.00 - 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 or 416-550-7422

**BROUGHT
TO YOU BY**

