


COMMUNITY RECREATION AQUATICS

Spring 2021 Aquafit Splash into Fitness Schedule

(Schedule is subject to change)

Classes offer a fun and challenging setting for cardiovascular and aerobic fitness. Participants use the resistance of the water to stretch and work a variety of muscle groups with low-impact alternatives.

	Tuesdays	Wednesdays	Thursdays	Fridays	Prices	
	(8 classes)	(8 classes)	(8 classes)	(8 classes)	(HST not included)	
	20 Apr – 8 Jun	21 Apr – 9 Jun	22 Apr – 10 Jun	23 Apr – 11 Jun	PSP Plan	NON PSP Plan
 Aquafit Splash into Fitness	8:00-8:50PM	8:00-8:50PM	8:00-8:50PM	7:00-7:50PM	\$32.00	\$80.00

Online Registration for Preferred Clients Opens 29 March (9am)

Online Registration for all Other Clients Opens 31 March (9am)

REGISTER AT → online.pspptawawa.com

