




COMMUNITY RECREATION AQUATICS

Winter 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 (8 classes)	Thursdays (8 classes)	Fridays (8 classes)	Saturdays (8 classes)	Prices (HST not included)	
		26 Jan - 23 Mar (excl. 16 Mar)	28 Jan - 25 Mar (excl. 18 Mar)	29 Jan - 26 Mar (excl. 19 Mar)	30 Jan - 27 Mar (excl. 20 Mar)	PSP Plan	NON PSP Plan
	Aquafit Splash into Fitness	8:00-8:50 PM	8:00-8:50 PM	7:00-7:50 PM	10:05-10:55 AM	\$32.00	\$80.00

Online Registration for Preferred Clients Opens 1 December (9am)

Online Registration for all other Clients Opens 3 December (9am)

online.psp.petawawa.com

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