AQUAFIT CLASSES

This is a great class for adults of all ages, skill, and fitness levels!

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! *Class takes place in shallow end of pool.

Details:

Morning Class: (for participants age 50+)

Date & Time: Thursdays @ 10 am – 11 am

(8 Classes: Feb. 17 – Apr. 7, 2022)

Fee: $80 per person

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 registration.** 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

PPL AQUATIC, FITNESS & SPA GROUP INC.