

YWCA Aqua Fitness

Program Information

A great way to support your health and fitness goals by working out in the water!

For Adults

Program Dates & Locations

Dates: Winter 2020 Classes start Monday January 6th-Friday June 26th, 2020

Classes will not be offered on Family Day (Monday February 17, 2020), Good Friday (Friday April 10, 2020), Easter Monday (Monday April 18, 2020), Victoria Day (Monday May 18, 2020).

Time(s):

Morning Classes: Mondays, Wednesdays, or Fridays 9:30am-10:30am

Evening Classes: Tuesdays or Thursdays 7-8pm

Location: Terrace Lodge, 475 Talbot Street East, Aylmer

Cost:

\$84 for a 12 Class Punch Card

\$144 for a 24 Class Punch Card

How to Register

Contact the YWCA for more information or to register!

www.ywcaste.ca

YWCA St. Thomas-Elgin
16 Mary Street. W.
St. Thomas
519-631-9800

Aylmer Community Services
25 Centre Street
Aylmer
519-765-2082

West Elgin Support Services
160 Main Street
West Lorne
519-768-0020

