

WATER WORKOUT CLASSES:



NEW CLASSES START THE FIRST OF EVERY MONTH!!!
(No Classes on Stat holidays)

Kinsmen Sportsplex members receive 20% off water workout classes!!

Drop-in fee of \$7.50 (\$6.00 members) available provided minimum number of registrations are met.

****Water Workout punch cards available! \$75 for 10 punches!****

Monday/Wednesday/Friday - Shallow Water 8:05am - 8:55am \$65.00
Start your day with a solid cardio and strength class!

Tuesday/Thursday - Shallow Water 11:35am - 12:25pm \$45.00
A well-rounded workout designed for the not-so-early riser!

Tuesday/Thursday - Shallow Water 3:05pm - 3:55pm \$45.00
This gentle workout is designed to improve mobility and overall wellness.

****Transportation is available for this class with the Caravan Program** Call 306-694-4483 for details!**

Tuesday/Thursday - Shallow Water 6:05pm - 6:55pm \$45.00
Start your evening with a challenging and refreshing workout!

Monday/Wednesday - Deep Water Class 7:35pm - 8:25pm \$45.00
Belts are worn to support this high intensity, no-impact class!