

## Aqua Fit Shallow Water

This invigorating class improves cardio conditioning, muscular strength and endurance. Using the buoyancy and resistance of the water, you'll experience a safe, effective and fun workout.

- 45 min class; 15 min leisure swim

**Fee:** 1 visit — \$10.50; 10 visits — \$70.40; 20 visits — \$110.60

**June 17 - Aug 30**

Mon	9:30 AM - 10:30 AM*
Wed	9:30 AM - 10:30 AM
Fri	9:30 AM - 10:30 AM

**Water Fitness Memberships Available!**  
Enjoy unlimited Water Fitness classes and access to the pool for all adult swims at Lake Lisgar Waterpark.  
**Fee:** \$34.78 /month

- \* No class July 1 & Aug 5

### SUMMER 2024 - BABY & ME

Parents/caregivers can attend any shallow water Aqua Fit class this summer.

\*Flotation seats are provided for children (6 months to 3 years) so that a parent can participate and have the child within arms' reach. Babies must be able to sit upright on their own. Note: Each parent/caregiver pays (child is free).

All classes held at Lake Lisgar Waterpark

### Water Fitness Swipe Card

A Water Fitness Swipe Card is good for any water fitness class!

Choose from:

10 visits — \$70.40  
20 visits — \$110.60

### Pay-As-You-Go Admission

Not sure how often you're going to visit? Our pay-as-you go option is perfect when you're just starting out.

\$10.50 per class

### Water Fitness Membership

Enjoy unlimited Water Fitness classes and access to the pool for all Adult & Leisure swims at Lake Lisgar Waterpark.

\$34.78 /month