

Aqua Cycling

This intermediate/advanced paced class, provides a full body workout and is both challenging and restorative. Your body will reap all the benefits of underwater exercise—increased blood flow, improved cardio endurance, and low impact—while sculpting your silhouette and reducing the appearance of cellulite.

Fee: 1 visit — \$10.50; 10 visits — \$70.40; 20 visits — \$110.60; monthly — \$34.78

Note: Class time is required for bike setup and tear down.

June 17 - Aug 20

Tues	9:30 AM - 10:30 AM
Thur	9:30 AM - 10:30 AM

All classes held at Lake Lisgar Waterpark



WATER FITNESS

A limited number of bikes are available.

Pre-registration recommended to secure a spot. Payment must be made at time of booking.

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