



**CITY OF WEYBURN  
WEYBURN LEISURE CENTRE**

**AQUA FITNESS CLASSES**

<b>COURSE</b>	<b>DATES &amp; TIME</b>	<b>COST</b>	
<b>Aqua Combo</b> (18 Classes)	Monday, Wednesday & Friday: 9:00 – 9:45am January 9 – February 17, 2017	Adult: \$108.00 Adult Drop in: \$7.00	Senior: \$94.50 Senior Drop in: \$6.00
<b>Easy Moves</b> (12 Classes)	Monday & Wednesday: 9:50 – 10:20am January 9 – February 15, 2017	Adult: \$51.00 Adult Drop in: \$7.00	\$45.00 Senior Drop in: \$6.00
<b>Aqua Combo</b> (20 Classes)	Monday, Wednesday & Friday: 9:00 – 9:45am February 27 – April 12, 2017	Adult: \$120.00 Adult Drop in: \$7.00	Senior: \$105.00 Senior Drop in: \$6.00
<b>Easy Moves</b> (14 Classes)	Monday & Wednesday: 9:50 – 10:20am February 27 – April 12, 2017	Adult: \$59.50 Adult Drop in: \$7.00	\$52.50 Senior Drop in: \$6.00

**Course Descriptions**

**Aqua Combo (Beginner to Advanced)**

- Just as the name suggests, this is a 45 minute combination class, designed for the deep or shallow end of the pool. The great thing about this class is you have the whole pool to decide where you are comfortable – you can have a deep water work out one day and a shallow water work out the next! Instructors will provide modifications whether you are exercising in the deep or shallow end!
- Instructor: Angie Braat  
For more information contact the Weyburn Leisure Centre at 848-3280 or email [tclay@weyburn.ca](mailto:tclay@weyburn.ca)

**Easy Moves (Beginner, low impact)**

- Formerly known as “Twinges ‘n Hinges”, this 30 minute class is geared towards older adults or those suffering from arthritis or joint pain. Participants are in the shallow end of the pool. Please keep in mind the Weyburn Leisure Centre is NOT a therapy pool. Pool temperature is kept between 83 – 86 degrees farenheight.
  - Instructor: Angie Braat