



# BATTLEFORDS CO-OP AQUATIC CENTRE

OLDER ADULT AQUA FITNESS CLASSES

## GENTLE AQUAFIT

Join us for this low impact shallow water class, offered for all fitness levels with an emphasis on functional fitness!

Tuesday & Thursday 3:10-3:40 pm

## ACT (AQUATIC CLASS THERAPY)

Take the stress off your joints! Designed to deliver benefits to those who suffer from joint or muscular pain including arthritis and other issues.

Monday & Wednesday 3:10-3:40pm

After these classes, enjoy a refreshment and socializing on us!

*Call 306-445-1745 for more information.*