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www.wellington-north.com

519.848.3620
1.866.848.3620 FAX 519.848.3228

Plan to
Simply Explore.
www.simplyexplore.ca

Aquafit

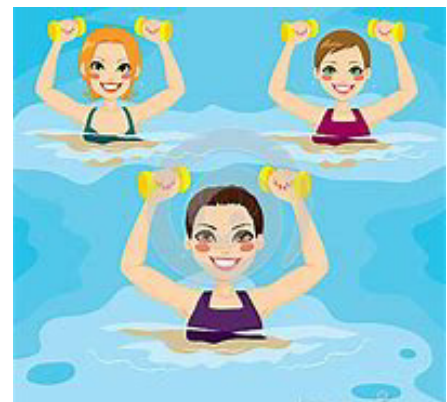
A great way to exercise at any age!
Call: 519-848-3620, Ext. 35 for more information.

This is a low impact workout that allows individuals to exercise at their own pace.

Cost: \$33.50/Person (Includes HST)
8 people must be registered, at each pool, 1 week prior to Start Date, to run Course.

Arthur & Area Aquatic Centre
Thursdays from 5:30pm – 6:30pm
Beginning July 12th for 8 weeks

Mount Forest Lion Roy Grant Pool
Thursdays from 4:30pm – 5:30pm
Beginning July 12th for 8 weeks



Download the Program Registration Form, to Register or
Call 519-848-3620, Ext. 35