

Wasaga Beach Recreation



Older Adult Recreation

AQUAFIT



[Register here](#)

SENIORS ACTIVE LIVING CENTRE FREE INTRO TO AQUA FIT CLASSES

Is Aqua fit something that has been on your list of things to try, well here is your chance. These aerobic fitness programs are now more popular than ever! Stay in shape without pounding the asphalt or concrete, make new friends and have some fun with one of the areas most sought after instructor, **Lindsay Elmes- Certified Instructor Specialist.**

Time: 2:15 to 3:00 pm | Date: 3rd Friday of each month, Fee: No charge.

No program: April 15, 2022

Online registration is required each month at www.wasagabeach.com

Location: 1724 Mosley St., YMCA Pool



Recreation, Events & Facilities
www.wasagabeach.com | (705) 429-3321
Connecting with your Community

