

AQUA

GENTLE

MOVEMENTS IN THE WATER FOR INDIVIDUALS WHO PREFER A GENTLE PACE. FOCUS WILL BE ON IMPROVING RANGE OF MOTION IN JOINTS, BALANCE, FUNCTIONAL AGILITY AND COORDINATION, AND CORE STABILITY WITH SPURTS OF MILD NON-IMPACT CARDIO AND STRENGTH EXERCISES.

Drop in each Tuesday
9:30 - 10:15am

February 21st - April 11th

Regular admission applies, passes accepted.

Drop in each Thursday
9:30 - 10:15am

April 18th & April 25th

Regular admission applies, passes accepted.



EDSON AND DISTRICT
LEISURE CENTRE