

Family Leisure Centre

catch the wave!

www.medicinehat.ca/flc

A facility of
Medicine Hat
The Gas City

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am	Deep Water	Aquatone	Aquasize	Aqua Boot Camp	Deep Water
9:15 am	Aquasize	Aqualite II	Deep Water	Aqualite II	Aquasize
10:15 am	Aqualite I		Aqualite I		

7:15 pm	Deep Water	Aquasize	Deep Water	Aquasize	
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Three people required for classes to run.

Class Descriptions:

AQUASIZE: Here is a great workout which includes cardio for your heart and lungs, and strength training for your muscles. Some use of weights and elastics are offered in this class. Water shoes are recommended.

AQUALITE I: Do you struggle with fibromyalgia, arthritis, heart problems or breast cancer? Are recovering from surgery, hip or knee replacements? Work at your own pace and slowly start to strengthen your body once more.

AQUALITE II: In this class you are ready to move up from Aqualite I. In Aqualite II, you can still work at your own level of fitness. This class is lots of fun and good exercise.

WATER WALKING: If you enjoy walking outdoors, you will love this class. Use a 10 lb. water walking belt to add resistance in this steady, challenging walking class. Water slippers or water runners are recommended.

AQUATONE: Very limited cardio in this class, mostly body toning from head to toe. Lots of water equipment is used.

DEEP WATER: A work out designed to work all major muscle groups using buoyancy belts. Swimming skills not required, but you must be comfortable in deep water.

AQUA BOOT CAMP: This high energy, fast paced class will make you feel like you are in a real boot camp. Don't cry, just move it, move it, move it!

Aquasize Class Prices (includes 5% GST)

Drop-in Aqualite	\$6.05	10 Class Punch card *	\$61.05
Drop-in Aquasize	\$8.25	20 Class Punch card *	\$104.95
10 Class Punch card Aqualite	\$41.10	3 Month Unlimited Aquasize	\$102.75
1 Month Unlimited Aqualite	\$32.10	6 Month Unlimited Aquasize	\$175.00

*No expiry on punch cards. Enjoy **30 MINUTES of FREE TIME** before or after your class in the ☺ Pool ☺ Hot Tub ☺ Steam Room

2000 Division Avenue N Medicine Hat, AB

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medicinehat.ca/flc



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