

**FREE**

# **Agua Fit**

## **Exercise Program**

- **A great low impact exercise.**
- **Helps increase daily physical activity.**
- **Perfect for those with arthritis, seniors, post knee surgery.**
- **The facility accommodates those that require a chair lift.**

**For Adults and Seniors**

Held on Tuesdays, starting January 5 - April 2, 2019  
from 10:30-11:30am at Wayne Gretzky Sports Centre—  
Pool, Brantford, ON



**Contact 519-445-4779 to register**



Transportation is available