

Warm Water Workout!

**Injured back?
Arthritis Pain?
Joint Issues?**

This class is for you!

Wednesdays
June 27th- August 29th,
2018
10:30-11:30 a.m.
Wayne Gretzky Sports
Centre
Heated Pool
Call 519-445-4779 to
Register
Transportation Provided

**Low impact
Move at your own pace
Instructor-led**

FREE