



Aqua Fitness/Aqua Forme

V=very easy/vraiment facile

E=easy/facile

M=moderate/modérer

D=difficult /difficile

I=intense/intense

Monday/lundi: 8:15-9:00, 9:05-9:50 **D**

12:00-12:45 **V**

Tuesday/mardi: 11:00-11:45 **D/I**

12:00-12:45 **M**

Wednesday/mercredi: 8:15-9:00, 9:05-9:50 **D**

12:00-12:45 **V**

6:15-7:05 **I**

Thursday/jeudi: 10:00-10:45 **E**

11:00-11:45 **M**

Aqua fit/Aqua Forme prices/prix: Drop in/une fois: \$10.00

10 classes: \$65.00

10 classes including parking/10 classes stationnement inclus: \$97.50