



AQUAFIT CLASS SCHEDULE
CARI Aquatics Complex - Summer 2010
June 28 - August 29

Class	Day	Time	Intensity
Aqua Jogging	Mon/Wed/Fri	7:00am	Mod/High
Aqua Arthritis	Mon/Wed/Fri	11:45am	You choose
Tethered Explosion	Tues/Thurs	8:00am	High
Sunset Fitness	Tues/Thurs	6:30pm	Extreme

Program Information: 569-4584 Ext. 0 / info@caripei.ca