

## JOIN US FOR WALKING IN THE POOL

This Low Impact, Cardio Workout is done in the Shallow End. No Swimming Required!

1 mile in the water is equivalent to 2 miles on land.

The added water resistance allows for a full body workout toning your butt and your legs.

Stay Cool in The Pool:  
\$3.25/Visit or \$54.00/20 Visit Pass!!

### Arthur & Area Aquatic Centre

Tuesday, Wednesday & Thursday  
7:30pm - 8:30pm (during Aqua Fit)

### Mount Forest Lion Roy Grant Pool

Monday, Wednesday & Friday  
7:00am - 8:00am (during Lap Swim)  
Or  
5:30pm - 6:30pm (during Family/Lap Swim)

