



AQUAFIT CLASSES

WITH INSTRUCTOR KATHY BROWN

JANUARY 12-APRIL 12, 2026



HÔPITAL GLENGARRY MEMORIAL HOSPITAL (HGMH)
POOL, 20260 COUNTY ROAD 43, ALEXANDRIA ON

GET FIT, HAVE FUN, AND FEEL GREAT WITH OUR DIVERSE LINEUP OF AQUAFIT CLASSES HELD AT THE HMGH INDOOR POOL. THE PROGRAMS FEATURE BOTH HIGH-ENERGY WORKOUTS AND GENTLE WELLNESS SESSIONS, MAKING IT THE PERFECT ENVIRONMENT FOR ALL FITNESS LEVELS.

AQUAFIT

BOOTCAMP

AQUA SENIOR

AQUA LITE

***REGISTRATION NOW OPEN- REGISTER
ONLINE OR AT THE TIM HORTON'S DOME***



(613) 525-0614



CSADMIN@NORTHGLENGARRY.CA



WWW.NORTHGLENGARRY.CA

NORTH
GLENGARRY
NORD

*Ontario's Celtic Heartland
Le centre celtique de l'Ontario*

AQUAFIT CLASSES

WITH INSTRUCTOR KATHY BROWN

JANUARY 12-APRIL 12, 2026

AQUAFIT

MONDAY - 7-8PM
FRIDAY - 3-4PM
SATURDAY - 9-10AM
SUNDAY - 5-6PM

BOOTCAMP

MONDAY - 6-7PM
WEDNESDAY 7-8AM
SATURDAY 8-9AM

AQUA SENIOR

WEDNESDAY 8-9AM
FRIDAY 4-5PM

AQUA LITE

FRIDAY 2-3PM
SUNDAY 4-5PM

MONDAY CLASSES

\$131.72
(11 CLASSES)

WEDNESDAY CLASSES

\$155.57
(13 CLASSES)

**FRIDAY, SATURDAY & SUNDAY
CLASSES**

\$143.65
(12 CLASSES)

***NO CLASSES ON FEBRUARY 14-16, APRIL 3, APRIL 6, 2026**



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