



# 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

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**JANUARY 12-APRIL 12, 2026**

AQUAFIT

BOOTCAMP

AQUA SENIOR

AQUA LITE

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

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

WEDNESDAY 8-9AM  
FRIDAY 4-5PM

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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