

# \* Aquasize: \*

1. Refreshing chest deep water workout the puts little or no strain on your ankles, knees, hips, back

2. High energy upbeat music, creates a fun social environment.

3. Everyone is welcome



Classes: Monday to Friday - go to: [www.swanvalleyrec.ca](http://www.swanvalleyrec.ca) for schedule



**Richardson Recreation & Wellness**  
**Swan Valley Credit Union Aquatic Centre**



1424 1st Ave North - 204-734-4119 [www.swanvalleyrec.ca](http://www.swanvalleyrec.ca)