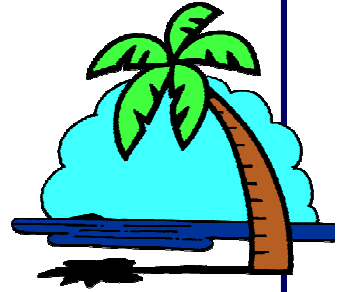




# GENTLEFIT



**Mondays, Wednesdays, & Fridays**

**from 8:30 - 9:30 am**

**January 4th - March 5th, 2010**

**Sparwood Leisure Center Pool**

This a low intensity class that is appropriate for individuals who would like a low rebounding, slower pace to gradually improve respiratory health, cardio vascular levels and general fitness. Perfect for those who have not participated in any aerobic activity for an extended amount of time, are in a physiotherapy or rehabilitation program, or are just beginning an aquafit program.

**Cost: Regular Adult  
Pool Admission or ALP**



For more information call  
Sparwood Recreation at 425-0552  
or visit our website:  
[www.sparwood.bc.ca/recreation](http://www.sparwood.bc.ca/recreation)