

Friendships Opportunities Community Involvement Unity Synergy

F.O.C.U.S.

on seniors. (Funding support from WCEF)



What is Aquacize? Fitness in Water Pool.

No experience necessary only enthusiasm and commitment.

Co-ed **7 classes** for Men & Women.

Mondays & Thursdays July 29, Aug 1,8,12,15,19 & 22

No make-up classes due to exclusive promotional offer.

Benefits of Aquacize:

Bone Density & mass building

Muscle Strengthening and Body Toning

Strength & endurance

Improves breathing through heart and lung health improvement

Relief from Arthritic Pain

Weight Loss in inches

Cost: \$30.00 per person Or Drop in \$5:00 per person

Contact: Fauzia at 587-998-3320

(Speaks Farsi, Pashto, Pashei, Urdu, French, English)

OR F.O.C.U.S on Seniors 403-816-8145