

Aquafit

Fitness Classes at Terrace Lodge



Morning Classes:



**Monday
Wednesday &
Friday
9-10am**

Start Sept 23, 2013

Evening Classes:



**Tuesday &
Thursday
7-8pm**

Start Sept 24, 2013

\$75 for a 12 Class Punch Card

\$130 for a 24 Class Punch Card

**Punch Cards can be purchased at Aylmer
Community Services, 25 Centre Street.**



YWCA
ST. THOMAS-ELGIN

A TURNING POINT
FOR WOMEN