C-PLEX *Fitness*



Aqua Fitness

Make a splash with a full-body workout that's easy on your joints! Use the natural resistance of the water to build strength, improve endurance, and tone your whole body. A variety of fun equipment, energizing movements and upbeat music.

Monday & Wednesday 2:00 - 3:00 pm

Cardio Blast

Turn up the music and unleash your inner powerhouse! Cardio Blast is a fun cardio class designed to get your heart pumping and your muscles working. With high and low impact moverments and upbeat music, every class keeps you moving and and motivated!
All fitness levels welcome!

Monday & Wednesday 6:15 - 7:15 pm

Punch Cards are available

5 Punch: $30.50
10 Punch: $61.00
15 Punch: $91.50
Or drop in for $10.00

Classes Start Sept 14

Sept 14 - Dec 16, 2026
Jan 4 - April 28, 2027

All punch cards expire April 28, 2027

For more information call 780-842-5508