GLIDE FIT

Aquatic Based Stability Training

TUESDAYS

Glide Stretch

8:00AM-8:45AM

Annual Members: $5

Non-Members: $25

Monthly

PN: 510491

THURSDAYS

Glide HIIT

8:00AM-8:30AM

Annual Members: $5

Non-Members: $25

Monthly

PN: 510492

BOTH DAYS

Annual Members: $10

Non-Members: $30

Monthly

PN: 510493

THE CENTRE

ROLLA'S HEALTH & RECREATION COMPLEX

Academy SPORTS+OUTDOORS

FOR ALL. FOR LESS.™