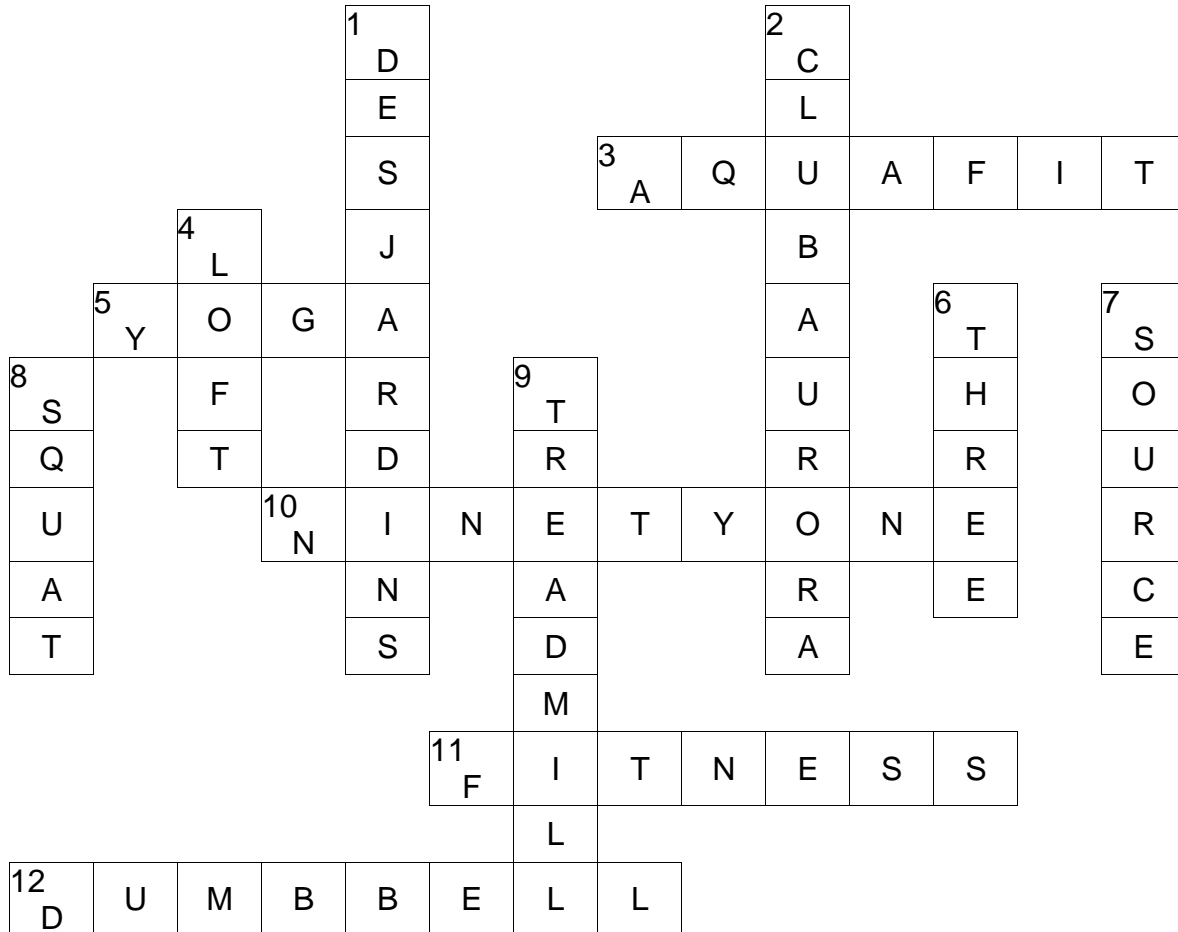


FITNESS AT HOME CROSSWORD PUZZLE

Across

3. A group fitness class conducted in water is called an _____ class.
5. What exercise helps you to destress?
10. How many metres is the Chartwell Walking Track on the outside lane?
11. Club Aurora offers a variety of _____ classes for everyone.
12. Name another word for a hand weight.

Down

1. Who sponsors the pool at the AFLC?

2. Name the Town of Aurora's municipal fitness centre.
4. What is the name of the Youth dedicated space in the AFLC, The _____?
6. How many international squash courts are available at the Aurora Family Leisure Complex?
7. What is the name of our monthly newsletter, The Fitness _____.
8. What exercise can you do that has you not quite sitting down?
9. Another name for a motorized walking machine.