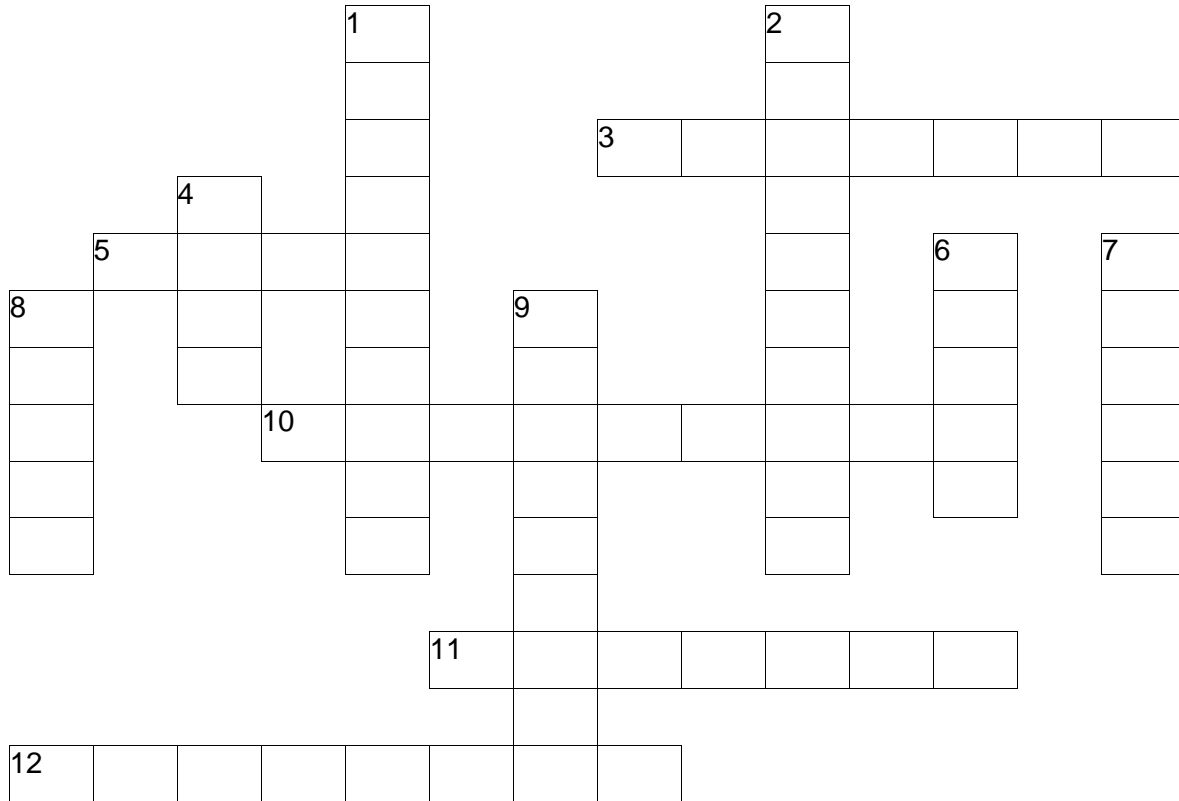


## FITNESS AT HOME CROSSWORD PUZZLE



### 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.