Work out your CORE in the CORE of the City!

Fitness Centre at Windsor's acquatic complex includes access to a world-



Memberships at the aquatic complex includes:

- Fitness Centre access
- 10 lane by 71 metre pool with 50 metre and 25 m pool configurations
- 3600 square foot Fitness Centre including arc trainers, treadmills, and stationary bikes
- Cybex weight and resistance machines
- Additional equipment including free weights, benches, medicine and stability balls

DAILY • MONTHLY • THREE/SIX MONTH • ANNUAL MEMBERSHIPS AVAILABLE

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