

Aqua-Fit

Summer Classes Start July 22nd!

Included in YMCA & LCLC Membership (ages 12+)

Wednesdays 6:30pm-7:15pm **Starts July 22**

Thursdays 12:00pm-12:45pm **Starts July 23**

Tuesdays 12:00pm-12:45pm **Starts July 28**

Pre-booking in advance required for all classes.

Phone 902-530-4100 day of to register.

Limited to 30 participants.



Hosted at:

Lunenburg County Lifestyle Centre

135 North Park St, Bridgewater, NS

YMCA Membership or LCLC ID required to access class

