

Aqua-Fit

Fall Classes

Included in YMCA & LCLC Membership (ages 12+)

Wednesdays 7:00pm-7:45pm **NEW TIME**

Tuesdays 12:00pm-12:45pm

Thursdays 12:00pm-12:45pm

Pre-booking in advance required for all classes.

Phone 902-530-4100

Limited to 50 participants.



Hosted at:

Lunenburg County Lifestyle Centre

135 North Park St, Bridgewater, NS

YMCA Membership or LCLC ID required to access class

