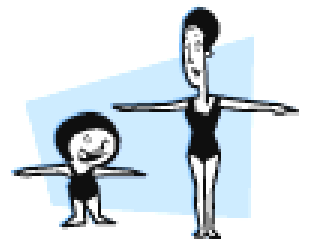


# Aqua Aerobics!

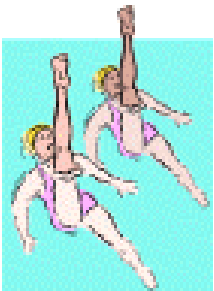
The Aqua Aerobics class is starting up again! Classes will resume September 18<sup>th</sup>.



Classes are every Tuesday and Thursday nights 5:00 p.m. to 6:00 p.m. at the YMCA in Old Town.



This is a fun beginner level class that will focus on increasing muscle strength, flexibility, and cardiovascular health. This class is *free* to anyone who is eligible for services at the Health Center. So take advantage of this great opportunity.



If anyone has any questions call Paul at 817-7356, or stop by the fitness room.

