

Aqua Fitness

Work up a sweat in the pool! This low-impact workout uses a variety of equipment to improve your cardio level and build strength in the water.



Tuesdays

12:00pm—12:45pm

Wednesdays

7:00pm—7:45pm

Thursdays

12:00pm—12:45pm



Hosted at:

Lunenburg County Lifestyle Centre
135 North Park Street, Bridgewater
Free for YMCA and LCLC members