



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

H₂O AEROBICS

AT YMCA ANTHONY BOWEN

**H2O Aerobics is back at
YMCA Anthony Bowen!**

Join us every Tuesday
beginning April 12th at 10am.
Registration is not required.

Water aerobics uses water
resistance to improve your
cardiovascular endurance
and tone your muscles. All
levels of fitness are welcome.

