

AQUA AEROBICS CLASSES



Saturdays

9:15 - 10:00 am

Tuesdays

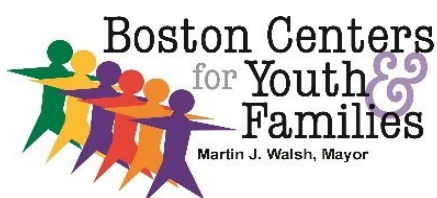
12:15 - 1:00 pm

Ages 16 +

FREE with your membership

All classes are conducted in our heated in-door pool. (No swimming skills required)

- Increased Muscle Tone
- Increased Strength
- Cardiovascular Improvement
- Increased Balance and Coordination
- Increased Flexibility
- Positive Social Environment
- And Much More



BCYF Mason Pool

159 Norfolk Ave, Roxbury MA 02119

P. 617-635-5241 F. 617-635-5627

masonpoolcc@cityofboston.gov

"Every Neighborhood, One Mission"