

# Aqua Aerobics



## Come Join Us!

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

When: Tuesdays

Time: 11:30am-1:30pm

Where:

**BCYF Grove Hall Senior Center**

51 Geneva Ave, Dorchester

*in collaboration with*

**BCYF Mason Pool**

159 Norfolk Ave, Boston

For More Info Contact: Ayana Green  
or Aidee Pomales 617\*635\*1486

