



AQUA ZUMBA

**Saturdays JUL 9 & 23 | AUG 6 & 20
9:30-10:30am**

**Attleboro Norton YMCA/Norton Outdoor Center
295 West Main Street | Norton, MA**

Members, Free

**Non-Members, \$5
Pay at Entry**

Aqua fitness classes allow you to exercise every muscle and every joint in your body all at the same time. Aqua aerobics is perfect for the young, and the young-at-heart. Water causes your body to be buoyant, thus causing less strain and stress on your joints and muscles.

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