



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Intense Aqua

Tues/Thurs

5:30-6:30pm

This advanced class is an intense power punch water exercise experience for those looking to increase their aerobic endurance, muscle tone and stamina.



Cost: **FREE to BC YMCA Members!**
\$3 per class for non-members



More Information / Questions : Please call the YMCA at 812-988-9622 or visit www.browncountymca.org