

FRIDAY NIGHT AQUA DANCE

POP UP CLASS



FRIDAY, MARCH 20TH

6PM-7PM

This high-energy class features line dance-inspired moves performed in the water, creating a low impact, total-body workout that's easy on the joints. Aqua Dance helps improve cardiovascular health, tones muscles and boost coordination while letting you groove to upbeat music! Perfect for all fitness levels, this aquatic dance class is a refreshing way to stay fit, have fun and feel energized!

LET'S HAVE AN AQUA DANCE PARTY!!!

BEFORE CLASS:

5pm-6pm Social Hour, with Juice Bar in lower lobby

MEMBER - \$8

NON-MEMBER - \$12

BETHLEHEM TOWNSHIP COMMUNITY CENTER