

Free

Aqua Bootcamp

May 8 until June 26, 2019

Aqua Boot Camp:

- combines water running and aqua fitness
- using foam weights for resistance training
- workout without the impact on the joints
- work at your own pace

**Wednesday
evenings from
7:00-7:45pm**

**at Wayne Gretzky
Centre, Brantford**

Transportation Provided

Call to register 519-445-4779

