



AQUA MOTION BEYOND BREAST CANCER

Gently move your body using the benefit of buoyancy and resistance training.

Friday's - January 12 to March 16, 2018

Time: 10:45 - 11:30 a.m.

Cost: \$67.00 + HST for non-members

FREE to Adult Fit Pass, Aqua Pass and Health Pass members

LOCATION: 75 MacNab Street South (Pool)

FOR MORE INFORMATION OR TO REGISTER:

Contact Anne Marie Collingwood at (905) 522-9922 x 158
or acollingwood@ywcahamilton.org

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