



JUMP IN SHAPE



Aqua Fit Group Exercise Classes PAULA G. MANSHIP YMCA

Get involved in our water aerobics class! This class is a shallow water fitness class designed to meet the needs of individuals with different fitness levels. This class provides cardio respiratory training, muscular strength and flexibility training through water and resistance equipment. No swimming experience necessary!

Monday-Friday: 8:30am-9:30am

LOCATION: PAULA G. MANSHIP YMCA
8100 YMCA Plaza Blvd.
Baton Rouge, La 70810
(225)767-9622
ymcabr.org

