



# EXERCISE WITH A SPLASH

## Water Fitness Classes SOUTHSIDE YMCA



**Water Fit and Aqua Cardio Classes!!**

**Come ready to have fun and enjoy moving to the music!**

- **Monday, Wednesday and Friday 10 a.m.—11 a.m.**
- **Monday and Wednesday 6 p.m.—7 p.m.**
- **Saturday 10 a.m.—11 a.m.**

**LOCATION:** SOUTHSIDE YMCA  
8482 Perkins Road  
Baton Rouge, LA 70810  
225-766-2991  
[www.ymcabr.org](http://www.ymcabr.org)

