

eliminating racism  
empowering women

**ywca**

Bergen County

# YWCA Aqua Class at Crown Plaza in Englewood

**Burn calories with water aerobics.  
Improve circulation, muscle tone  
and flexibility while working  
out to fun music!**

**4 week class will be held on Tuesdays & Thursdays**

**Session #1**

**Tuesday/Thursday: April 10<sup>th</sup> - May 3<sup>rd</sup> at 10 am**

**Session # 2**

**Tuesday/ Thursday May 8<sup>th</sup> - June 7<sup>th</sup> at 10 am**

**Register only if you can make the two classes per week**



**12 people limit  
You must preregister for  
this **FREE** class  
at the Tenafly Senior Center**

*Thank you to The Englewood Community Chest for their generous donation which makes this program for the residents of Tenafly*

THE  
COMMUNITY  
CHEST  
*"Neighbors Helping Neighbors"*