

AQUA ABS

Summer is right around the corner... get that six pack you've been dying to get, or just come to tighten up your core!

Come have fun, and look great at the same time while moving to modern uptempo dance beats

Cattaraugus Community Center Pool

Matthew Sparks, Certified Aquatic Exercise Instructor

Monday thru Thursday 10:15am-11:00am



716-532-8450 X5703

Cattarauguscommunitycenter.com

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