

September Water Aerobics

ATTENTION: TIME CHANGE !!!

Monday and Wednesdays 8:30AM-9:15AM

Join instructor Karen O' Connell for aerobics classes for seniors at the Anthony P Mucciaccio Dedham Pool- 336 High Street, Dedham MA 02026.

- You must be a member of the Dedham COA
 - **\$4 a class**- pay at the pool
- Call Dedham COA to sign up 781-326-1650

