

Arthritis Swim

This class is a warm-water exercise program especially designed for those with arthritis and related conditions. Range-of-motion, strengthening and some aerobic exercise will be offered. This type of exercise can decrease pain and stiffness, while providing an enjoyable and safe workout.

Class Requirements: Aqua Shoes (not Aqua Socks)

Program#: 139006

Location: Indoor Pool

Min/Max: 7/25

Instructor: Mary Owens

Fee: \$37.00(R), \$42.00(NR)

Registration Deadline: One week before the start of each section

15% discount for Fitness Center pass holders

<u>Section#:</u>	<u>Date:</u>	<u>Age:</u>	<u>Time:</u>	<u>Day:</u>
01	February 8 – March 22*	16 & Up	9:15-10:00am	Monday
02	April 5 – May 10		9:15-10:00am	Monday
03	May 17 – June 28**		9:15-10:00am	Monday

* No class the week of Feb 15th.
** No class the week of May 31st.