

Arthritis Foundation Water Aquatic Exercise

C.V. Starr Community Center



Sigrid & Harry Spath Aquatic Facility



THE ARTHRITIS FOUNDATION
AQUATIC WATER EXERCISE
PROGRAM FOCUSES ON DECREASED
PAIN, INCREASED FLEXIBILITY AND
RANGE OF MOTION AND MORE
RELAXED SLEEP. HAVE MORE
ENERGY AND IMPROVED HEALTH.

INSTRUCTOR: KATHY MARDEN

BEGINNING JULY 20TH, 2010

TUESDAYS & THURSDAYS: 9:00-9:45AM

COST: \$6.00 DROP-IN/ OR INCLUDED IN FACILITY PASSES

THIS LOW IMPACT CLASS IS ALSO PERFECT FOR SENIORS



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WWW.MENDOCOASTREC.ORG