

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; BETTER AND MORE RELAXED SLEEP, INCREASED ENERGY AND OVERALL HEALTH IMPROVEMENT.

THIS LOW IMPACT EXERCISE CLASS IS PERFECT FOR SENIORS!

PROGRAM STARTS APRIL 6

TUESDAY AND THURSDAYS: 9 – 9:45AM

COST: \$6 DROP-IN OR \$50 10-PUNCH PASS

PHYSICIAN APPROVAL RECOMMENDED



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