

AQUATICS

a program for better living

Experience the Aquatic Program
Arthritis Foundation Certified.
Doctor Recommended.



DEEP WATER FITNESS CLASS

Begins May 12

Mondays & Wednesdays

11:15 to 12:00

The **Arthritis Foundation Aquatic Program** is a warm-water exercise program shown to reduce pain and improve overall health. Suitable for every fitness level. **Participants must feel comfortable in deep water.** Warm up will be done in the standard size pool. Plan on your hair getting wet. **Participants are encouraged to BRING their own "Water Flotation Belt or Vest".** Small quantity of belts available. *Fitness water cuffs are not allowed by the Arthritis Foundation.

Brooklyn Resident with ID \$ 4.00

Parma Heights and Pass Holders \$5.00

Non-Resident Walk-In \$ 6.00

Silver Sneaker Members Always Welcome



www.arthritis.org