

# Aqua Arthritís



## Center for Health & Wellness

Mission Fitness  
8050 Highway 191  
Odessa, TX 79765  
(432)-640-6400

[www.missionfitnessnow.com](http://www.missionfitnessnow.com)

mission  
FITNESS

AT THE MCH CENTER FOR HEALTH & WELLNESS

# Aqua Arthritís

Water Aerobics for Those with Joint Pain



mission  
FITNESS

AT THE MCH CENTER FOR HEALTH & WELLNESS

# Benefits

## Aquatic Exercise:

- Reduces inflammation
- Increases range of motion
- Increases strength
- Decreases pain and swelling
- Improves overall health
- Helps you feel better all around!



# Details

## Class Description

An aquatics class in our Warm Water Therapy Pool designed for individuals with arthritic conditions. Warm water exercise is an excellent way for those with arthritis to build up strength, ease stiff joints and relax sore muscles. Start moving today!

## Fees

Members	Complimentary
Non-Members	\$50.00/month*

\*8-Class Pass

mission  
FITNESS

AT THE MCH CENTER FOR HEALTH & WELLNESS