

# Aqua Arthritis



## Center for Health & Wellness

Mission Fitness  
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# Aqua Arthritis

Water Aerobics for Those with Joint Pain



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# 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!

## Class Times

Tuesday & Friday @ 8:00 AM

Thursday @ 7:00 PM

## Fees

Members

Complimentary

Non-Members

\$50.00/month