



## WATER CLASSES

**Arthritis Aqua Yoga** – Arthritis Foundation Aquatic Program classes will help you to increase joint range of motion, build muscle strength and help reduce pain and stiffness. Classes are held in the Therapy Pool, sessions are 12-weeks long, and enrollment is required. **Physician Approval is no longer required when starting this program unless you have more than two risk factors listed on HHQ.**

**Ai Chi** – Similar to Tai Chi but is performed in the Therapy Pool. Learn to move through a flowing progression of slow, broad movements using your arms, legs and torso. Improve range of motion and mobility and experience the deep relaxation that promotes sleep.

**Fibro** – This class is designed specifically for participants who suffer from Fibromyalgia.



# Warm Water Pool Classes

Sept. 5 – Dec. 25,  
2011

All classes are held in the warm therapy pool. **“Italics” denotes classes that are OPEN TO ALL MEMBERS.** Space is limited – instructor may close the class if there are more than TWELVE participants.

MONDAY	8:00-8:50a	Arthritis	Marylee
	9:00-9:50a	Arthritis	Marylee
	10:00-10:50a	Arthritis	Marylee
	<i>11:00-11:45a</i>	<i>Ai Chi</i>	<i>Ali/Dori</i>
	2:00-2:50p	Arthritis	Dori
	5:30-6:20p	Arthritis	Susan
	6:30-7:30p	Fibro	Lisa W.
TUESDAY	9:00-9:50a	Arthritis	<i>Randi</i>
	10:00-10:50a	Arthritis	Dori
	11:00-11:50a	Arthritis	Dori
	<i>5:40-6:40p</i>	Arthritis	Dori
WEDNESDAY	8:00-8:50a	Arthritis	Randi
	9:00-9:50a	Arthritis	Amy
	10:00-10:50a	Arthritis	Kris
	2:00-2:50p	Arthritis	Kris
	5:30-6:20p	Arthritis	Dale
THURSDAY	9:00-9:50a	Arthritis	Ali
	10:00-10:50a	Arthritis	Ali
	11:00-11:50a	Arthritis	Ali
	5:30-6:20p	Arthritis	Marylee
	6:30-7:30p	Fibro	Lisa W.
FRIDAY	8:00-8:50a	Arthritis	Dale
	9:00-9:50a	Arthritis	Kate
	10:00-10:50a	Arthritis	Ali/Dori
	<i>11:00-11:45a</i>	<i>Ai Chi</i>	<i>Dori/Ali</i>
SATURDAY	9:00-9:50a	Arthritis	Dori
	10:00-10:50a	Arthritis	Dori
SUNDAY	10:00-10:50a	Arthritis	Rotation

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