



## 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.**

**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** – For participants who suffer from Fibromyalgia.



# Warm Water Pool Classes

May 17 thru Sept. 5,  
2010

Attn: Look for Memorial Day Schedule Monday, May 31<sup>st</sup>. Please note that we will be closed on Sunday, July 4<sup>th</sup> --- Independence Day.

All classes are held in the warm therapy pool.

MONDAY	8:00-8:50a	Arthritis	Marylee
	9:00-9:50a	Arthritis	Marylee
	10:00-10:50a	Arthritis	Marylee
	2:00-2:50p	Arthritis	Dori
	5:30-6:20p	Arthritis	Susan
	6:30-7:30p	Fibro	Lisa W.
TUESDAY	9:00-9:50a	Aqua Yoga	Louise
	10:00-10:50a	Arthritis	Dori
	11:00-11:45a	Arthritis	Dori
	5:30-6:20p	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	Colleen
THURSDAY	9:00-9:50a	Arthritis	Alison
	10:00-10:50a	Arthritis	Alison
	11:00-11:45a	Arthritis	Alison
	5:30-6:20p	Arthritis	Marylee
	6:30-7:30p	Fibro	Lisa W.
FRIDAY	8:00-8:50a	Arthritis	Mary
	9:00-9:50a	Arthritis	Kate
	10:00-10:50a	Arthritis	Alison/Dori
SATURDAY	9:00-9:50a	Arthritis	Dori
	10:00-10:50a	Arthritis	Dori
SUNDAY	10:00-10:50a	Arthritis	Rotation

Group Exercise Director, Lisa Hamilton  
lhamilton@lfh.org  
847-535-7173

www.lfhfc.com