

Deep Water Classes

(Taught by Certified H2O Aerobics Instructor)

12:00-1:00 P.M. Mon/Wed/Fri

5:30-6:30 P.M. Mon/Wed/Fri

This class takes place 1/2 in shallow and 1/2 in deep water. It is designed for people with Fibromyalgia and other related conditions, as well as sedentary adults who are generally de-conditioned and cannot endure sustained activities. It offers exercises to improve one's overall functions and performance of daily tasks, mobility, flexibility and strength, along with balance coordination.