

# ***Water Arthritis Program***

(Taught by Certified Arthritis Instructors)

Mon.-Fri. 8:00- 9:00 a.m.

This is a shallow water class designed for people with arthritis and other related conditions as well as sedentary adults who are generally de-conditioned and cannot endure sustained activities. This program includes exercises in improve the participants overall functions and performance of daily tasks, mobility, gait, independence, flexibility, balance and coordination.