

IMPORTANT! KEEP THIS ALL SEASON!



Aquatic Fitness: Session Three

Get a jumpstart to the day with an invigorating swim in the warm waters of the 92 degree therapy pool. This program is for participants who may have back pain, reduced range of motion, limited mobility, arthritis, a physical disability or anyone who would like the motivation and direction of a structured aquatic class. We will do low impact exercise and stretches to improve flexibility and muscle tone, as well as some cardio to increase heart rate. **The goals of this program are to provide a motivating workout to increase muscle strength and flexibility.**

Program Leader:	Ben Berg benberg@fvsra.org
Location:	VAC Therapy Pool
Date(s):	Thursdays, Feb 9-May 10
No Program Dates	Apr 12
Time:	8:00am-9:00am
Program Code:	312-6001-3-4

Location	Pick Up	Drop Off
EDEN'S	7:20am	9:40am
If meeting at the Site,	7:45am	9:15am

Notes:

- Please bring a swimsuit and towel.
- Please be dressed and ready to get in the pool at the start of the program.

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