Bronson Orthopedics & Sports Medicine
HealthCare Midwest & K Valley Orthopedics

AQUATIC CLASSES

Class:	Days:	Times:
AQUA ARTHRITIS	**Mon, Wed, Fri**	**11:00 - 11:55 a.m.**
	Tues, Thurs	**1:15 - 2:10 p.m.**
AQUA ARTHRITIS PLUS	**Tues, Thurs**	**11:00 - 11:55 a.m.**

This is a self-paced recreational class with a focus on exercises specific to those suffering with arthritis or arthritis symptoms. A strong social environment encompasses the class. Intensity varies according to individual abilities. Pool is a warm 90 degrees, suitable for easing and unloading those aching joints while enhancing your individual fitness level. The "Plus" class has an additional focus on aerobic conditioning.

WATER WALKING	**Tues & Thurs**	**4:30 - 5:25 p.m.**

This is a recreational class with a focus on exercises for those individuals seeking a low intensity aerobic workout.

AQUA AEROBICS	**Mon, Tues, Wed, Thurs**	**5:30 - 6:25 p.m.**

This is a self-paced aqua aerobic class. Class focus is on overall body conditioning in the low or high intensity environment. Hydro-fit equipment is available for use to vary intensity of workout.

COSTS FOR CLASS

All classes are either $5.00 per drop-in

Or

A punch card may be purchased for $40 per ten (10) classes.

- **Participants may purchase a punch card from the cashier upstairs or the receptionist upstairs in the late afternoon or evening hours.**
- **Drop-in passes may be purchased at the time of class. Same time and location as stated above.**

****CLASSES ARE LIMITED TO THE FIRST 25 PARTICIPANTS****