

Aquafit

This is a 45 minute class with a gentle warm up, water walking and aquatic dumbbell and noodle exercises. It's a fun class held at 10:30 a.m. on Monday, Wednesday and Friday in the pool.

This class is fun and a good workout. It is highly recommended for people with joint pain in their lower extremities, as the buoyancy of the water minimizes the weight on these areas. The water temperature of the pool ranges from 88 to 90 degrees, well within the range recommended by the Arthritis Foundation.

March, 2017