



AQUATIC ARTHRITIS CLASS

Based on the Arthritis Foundation principles, this class is designed to maintain and promote joint mobility while enhancing overall well-being. Conducted in shallow water, the exercises are specifically tailored to support individuals with arthritis, focusing on improving flexibility, strength and reducing discomfort.

Price: \$10 per class for CH Senior
Center Members only. Please present ID
at the front desk for check in.

Class Schedule:

M,W,F

11:15am 12:15pm

Tue & Thur

12pm-12:45pm

Sussex Family YMCA
20080 Church St. Rehoboth, De. 19971
302-296-9622

