



ARTHRITIS WARM WATER THERAPY CLASS

This class which will be held in Cedardale's new warm water pool is designed to utilize the benefits of warm water and buoyancy to work through a gentle, fluid range of movements. It is designed to reduce body fatigue, pain, and joint stiffness, while improving mobility, muscle strength, and balance. Swimming ability is not required. Endorsed by the Arthritis Foundation.

Session 1: June 3 - July 15th
(no class July 4th)

Days/ Monday & Thursday

Times: 11:00 am - 12 Noon

Fees: \$180/session



Sessions will be continuous. Space is limited. Questions can be direct to Instructor Margie Galanos at mgalanos@cedardale-health.net.

Arthritis Warm Water Class

Session #1: June 3 - July 15th

Please complete and return to: Cedardale Health + Fitness
931 Boston Road, Haverhill, MA 01835

Name: _____

Member? Yes No

Address: _____

Phone _____

Email: _____

DOB _____

Signature: _____

Amt Paid: _____ Empl Initials: _____