



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVE FUN BE ACTIVE LIVE HEALTHY

Aqua Therapy Classes YMCA OF GREATER TULSA

Ease your physical symptoms and improve your emotional outlook through gentle, low-impact aqua exercises. Water allows those with chronic health conditions to move in ways they may not be able to on land. Aqua Therapy classes are taught by instructors trained in the delivery of specific exercises and movements appropriate for those with Multiple Sclerosis, Arthritis, joint injury, and other chronic health conditions. Aquatic exercise gives you the opportunity to work on balance, resistance, and endurance while in a safe and comfortable environment.

Classes are free for members! Non-member fee is \$10 per class.

Please contact Janie for details. **918-728-3973** or jlavelock@ymcatulsa.org

REGISTRATION AND DOCTOR'S REFERRAL ARE REQUIRED

Locations: TANDY FAMILY YMCA
OWASSO
HUTCHERSON
DAILY
FIND CLASS DAYS/TIMES AT YMCATULSA.ORG/CLASSES



National
Multiple Sclerosis
Society

LIVE UNITED

