



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVE FUN BE ACTIVE LIVE HEALTHY

Aqua-Therapy Class DAILY FAMILY YMCA

Ease your physical symptoms and improve your emotional outlook through gentle, low impact, aqua exercises. Aqua Therapy allows those with conditions like Multiple Sclerosis, rheumatoid arthritis, and osteoarthritis 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 living with various 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 \$10 per class.

Please contact Olivia Hinkle for details. 918-728-3973 ohinkle@ymcatulsa.org

WHEN: Tuesday 6p.m– 7p.m Pool

LOCATION: DAILY FAMILY YMCA
7910 E. 134TH ST.
BIXBY, OK 74008
918-369-9622

