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MS-Specialized Aqua Class DAILY FAMILY YMCA

Ease the physical symptoms of Multiple Sclerosis and improve your emotional outlook through gentle, low impact, aqua exercises. Water allows those with MS to move in ways they may not be able to on land. MS-specialized Aquatic classes are taught by instructors trained in the delivery of specific exercises and movements appropriate for those with Multiple Sclerosis. Aquatic exercise gives you the opportunity to work on balance, resistance, and endurance while in a safe and comfortable environment. Visit nationalMSsociety.org to learn more about information and resources available to help you live your best life with Multiple Sclerosis.

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

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

WHEN: Tuesdays 6:00-7:00 pm beginning Tuesday, June 6th

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

