

# WATER AEROBICS CLASSES



## **Arthritis Foundation's Aquatic Program**

**Mondays, Wednesdays & Fridays, 9:30 - 10:30 a.m.**



This evidence-based program will meet three times a week for education and exercises to help increase longevity through aquatic fitness. Focus will be on range of motion, muscle strength, moderate intensity endurance and day-to-day function. Instructor: Rane Pattison

## **Morning H2O Aerobics**

**Mondays, Wednesdays & Fridays, 10:45 - 11:45 a.m.**



One hour of intermediate workout to improve muscular endurance, core strength, flexibility and cardiovascular conditioning. Instructors: Barbara Olsen Smith, Janice Gastio, Andrea Coleman and Rane Pattison

## **Deep H2O Aerobics**

**Tuesdays, 10 - 11 a.m.**



Deep water aerobics has a low impact on your joints but has a high impact on your cardiovascular system and speeds up your metabolism. You may wear a flotation belt for support in the deep water or rely on your own ability to float as you perform deep water aerobics routines. Instructor: Rane Pattison

Register online at [www.forsythco.com/seniors](http://www.forsythco.com/seniors)  
or call (770) 781-2178.

