

SKYVIEW POOL PRESENTS ARTHRITIS CLASSES

June 6th - Aug 31st
9:00am - 10:00am

The arthritis class is a community-based program that provides gentle water exercises for those with arthritis. The skills presented are all tailored to your skill level and no swimming experience is needed.

THE GOAL IS TO:

- Increase range of motion
- Reduce pain and stiffness
- Strengthen muscle
- Build endurance
- Create safe, fun environment
- Build community

PUNCH PASS

\$ 35.00

DAILY RATE:
\$2.50

727-369-5702
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33782