



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TIME TO BLOOM

## WATER AEROBICS

**Mondays, Wednesdays & Fridays • 9:00am**  
**Tuesdays and Thursdays (AQUAFIT) • 5:45pm**  
**Saturdays • 8:00am**

Benefits include: Water supports the body, putting less stress on your joint and muscles | Fighting against the push of the water activates your muscles | Water pressure helps put less strain on the heart by moving blood around the body | The impact of gravity is less in the water allowing a greater range of motion

## AQUA ARTHRITIS

**\*New time beginning 1/3**

**Mondays • 1:00pm      Thursdays • 10:00am**

Our Aqua Arthritis class is designed to help adults with arthritis and older adults combat the symptoms of arthritis.

Our objective is to increase:

Range of motion  
Muscle strength  
Moderate intensity endurance  
Day to day function  
Self-confidence

To reduce:

Fatigue  
Pain  
Stiffness

# FREE FOR MEMBERS

Schalmo Family YMCA  
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