



**Ascension
Genesys**
HEALTH CLUB

Adult Aquatics

RELIEVE YOUR ARTHRITIS PAIN TODAY!

Our health club offers many classes for people with arthritis. Held in our warm water Therapy Pool, these classes are suitable for anyone looking for gentle exercise. Participants experience increased joint flexibility, range of motion, muscle strength and stamina. Most importantly, this class can help reduce pain caused by arthritis and improve overall health.

All classes are free to members.

Non Members can purchase a package of **12 classes for \$55.00.**

Expires 4 months from date of purchase.



ARTHRITIS CLASSES

Sun: 1:00 pm - 2:00 pm

Mon: 11:30 am - 12:30 pm

Tue & Thurs: 9:00 am - 10:00 am

Wed, Thurs, & Fri: 12:00 pm - 1:00 pm

Mon & Wed: 5:00 pm - 6:00 pm (Sept - May)

Mon & Wed: 7:00 pm - 8:00 pm (June - Aug)

Sat: 12:30 pm - 1:30 pm (Sept - May)

Sat : 10:00 am - 11:00 am (June - Aug)



“Whenever I come to the pool for Arthritis Class, I can sure tell a difference. These classes help reduce my joint pain and have helped improved my strength and balance.” ~ Ida

For more information or to register, please contact

Aquatics Director, at 810-606-7817.



Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love “real time” on Facebook @AGHCfit and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!