



Arthritis *Aquatic Class*

An Arthritis Foundation Aquatic Exercise class is now being offered! Taught by a certified instructor, this class uses a combination of soothing warm water and gentle movements that help increase joint flexibility and range of motion. The program has been shown to restore and maintain muscle strength and relieves arthritis pain and stiffness.

**The David Feinberg
Vitality & Aquatics Center
730 Kay Avenue
St. Paul, MN 55102**

**This is a 6 week class held on
Mondays & Wednesday
4:00 - 4:45pm.
Cost of full 6 week session
\$50**

Class Starts Monday, September 13th!

To Sign Up Call 651-328-2051