

AQUA FITNESS



Keeler Center Pool
409 West New Indian Trail Court
Aurora, IL 60506
630-966-4254



Enjoy the benefits of warm water therapy while working at your own pace! Exercising and swimming in a warm water pool can improve joint movement and muscle strength as the water helps support the body and reduce the stress of gravity. This class is perfect for those suffering from arthritis or other physical limitations. Participants must be able to stand in the water or bring an able bodied person to assist them in the water. The pool is equipped with steps, a railing, and a chair lift.

<u>Monday</u> 9:00 – 9:45 am 2:15 – 3:00 pm 3:15 – 4:00 pm	<u>Tuesday</u> 6:00 – 6:45 pm 	<u>Wednesday</u> 2:15 – 3:00 pm 3:15 – 4:00 pm	<u>Thursday</u> 6:00 – 6:45 pm
			<u>Friday</u> 9:00 – 9:45 am 2:15 – 3:00 pm

Ages: Adults and Teens(13+)

Fees: \$3.50 per class

Punch cards are available at a discounted rate of \$3 per class

