



Looking for a fun, low impact exercise then try.....

Therapeutic Aquatic Exercise and Arthritis Water Workout with Balance and Walking

Tuesday and Thursday 10:00 am – 11:00 am

Please welcome Sue Recker, certified Arthritis Water Aerobics Instructor.

Benefits:

- Maintain and improve flexibility
- Strengthen the heart
- Minimized stress on joints and back
- Improved mental health
- Increased endurance of the lungs
- **FUN, FUN, FUN!!!**

(No need to even get your hair wet or be a swimmer)

Instructor: Sue has a B.S. in Social and Health Services from Roger Williams Univ. and a Certification on Aging from Johns Hopkins Univ. She is certified by the Arthritis Foundation as well as the American Aerobics International and International Sports Medicine Association to teach water aerobics. Sue has worked at the Y of Central Maryland as an arthritis aquatic instructor and also assisted MS patients with water therapy. Sue is a Certified Sports Nutrition Consultant. In addition, she has worked in various school systems for 25 years mostly with special needs children.

Please sign up in the Fitness Center (X8730)

The cost is \$64.00 for four weeks. (Just \$8.00 per class!)
Class is twice per week!