

# **AQUA THERAPY & FITNESS**

at the **CAVANAGH POOL**

**8<sup>th</sup> and G Streets in Petaluma**

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**APRIL 2011 thru JUNE 18<sup>TH</sup>**

**MONDAY thru FRIDAY 11:00 to Noon & Noon to 1:00**

**SATURDAY 11 a.m. to Noon**

**JUNE 20<sup>TH</sup> thru AUGUST 2011**

**MONDAY thru SATURDAY 11:00 to Noon & Noon to 1:00**

**AQUA THERAPY & FITNESS** emphasizes body awareness and rehabilitation. It's especially helpful for those suffering from joint pain or muscle weakness, having difficulty with weight bearing or balance, or recovering from surgery or injuries.

**Instructor-led exercises** increase:

- core and muscle strength
- flexibility and balance
- and range of motion —
- all while protecting joints

**Resulting health benefits** include:

- decreased pain and stiffness
- freedom of movement
- renewed energy —
- and elevated spirits

**AQUA THERAPY & FITNESS**, sponsored by City of Petaluma & Forevers Aquatics, combines the buoyancy of water with the comfort of a heated pool to provide a fun, gently paced class. The class is held in a sheltered outdoor pool heated to a soothing 86 degrees. The pool is accessible by full stairs with a central handrail.

**COST: \$50 for 12-Use Pass or \$5 drop-in**

(a further discount may be arranged for those who find these fees a hardship)

**NEWCOMERS: Try your First Class for Free!**

Forevers Aquatics

**Cavanagh Pool**

**707-778-4536**