

A photograph of a person's legs in a swimming pool. The person is wearing black shorts and is using blue rectangular floats under their feet. The water is a clear, bright blue. The text 'Arthritis Aquatics with Deb' is overlaid on the image in a large, white, bold font with a black outline.

Arthritis Aquatics with Deb

10:15 AM
TUESDAY - THURSDAY

This class was developed for those who need gentle, low impact exercise. The focus is on moving every joint in the body, increasing range of motion, flexibility and strength. Balance improving exercises are also included.