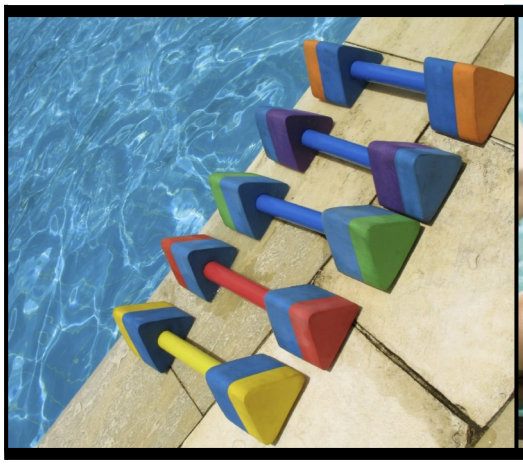

AQUATIC ARTHRITIS FITNESS

CLASS LOCATION:

SAN RAMON OLYMPIC POOL
9900 Broadmoor Drive
(925) 973-3240
6 Classes $48(R/GO)/$60(N)
Ages 18+

Using the water's buoyancy this course is designed to offer participants with arthritis or other related conditions, a low impact in-water fitness and stretch class. Goals of this class include improving range of motion, endurance, balance, strength, and joint functionality. This course is based on the curriculum of the Arthritis Foundation and utilizes the water for resistance training, assisting movements, and protecting the joints.

SPRING 2015 CLASSES:

- Mon 3/2 - 4/6 1:00p-2:00p
  Act #93726
- Fri 3/6 - 4/10 1:00p-2:00p
  Act #93728
- Mon 4/13 - 5/18 1:00p-2:00p
  Act #93727
- Fri 4/17 - 5/22 1:00p-2:00p
  Act #93729

Instructor: Danielle Douvikas

Active Membership for Fitness Classes

The Parks and Community Services Department is excited to announce a new fitness drop-in payment system. The new system will allow you flexibility to take a variety of classes without having to register for a full session. Attend the class you want when you want!

Participants can register for the full session of a class or choose the drop-in membership option.

Visit our website www.SanRamon.ca.gov/parks for more information!