

Aqua Arthritis Classes

What is Aqua Arthritis?

Aqua Arthritis is a warm water group exercise program that consists of gentle head-to-toe movements. Using the natural buoyancy and resistance of water, classes are designed to help strengthen muscles and increase stamina. The warm water and ease of movement also helps to improve range of motion and relieve joint pain and stiffness.

Classes are held in a warm water therapy pool and are open to all fitness levels. Swimming skills are not required.

Where is the program offered?

Classes are held at the OhioHealth Ontario Health & Fitness Center located in the Wellness Complex in Ontario.

When are the classes held?

Four class options are currently available: Tuesday and Thursday **10:00-10:45am**; Tuesday and Thursday **11:00-11:45am**; Tuesday and Thursday **12:00-12:45pm**; -or- Tuesday and Thursday **1:00-1:45pm**.

Classes run in 6-weeks sessions. Space is limited to nine participants per class, early registration is suggested. Participants can register 4 weeks prior to the start of the session.

2023 Session Dates

Session Date	Registration Date
January 3	December 6, 2022
February 21	January 24
April 11	March 14
May 30	May 2
July 18	June 20
September 5	August 8
October 24	September 26

How do I enroll in the program?

Pre-registration is required. Participants may register in person or over the phone beginning at 9:00am on the day of registration. Payment is due at the time of registration.

Fitness Center Members: \$35.00 for a 6-week session (12 classes)

General Public: \$70.00 for a 6-week session (12 classes)

First time participants should arrive early or stop by the fitness center prior to the first class to complete the necessary paperwork.

**For More
Information**

OhioHealth Ontario Health Fitness Center
1750 West Fourth Street, Ontario, Ohio
(419) 526.8900

