

# Aquatic Therapy Classes



**Medina Hospital**  
a Cleveland Clinic hospital

## Arthritis Aquatic Exercise:

This course is taught by a certified instructor from the Arthritis Foundation. Water, combined with gentle movements, will decrease pain, stiffness and add a range of motion for those who suffer from arthritis. It is not necessary to know how to swim.

**Days/Times:** Monday and Wednesday 8:30am-9:30am  
Tuesday and Thursday 10am-11am

**Location:** MCRC- Leisure/Lap Pool

**Fees:** Walk-In \$3 per Class  
10 Visit Punch Card for \$30

## Aquatic Exercise for Fibromyalgia

This class is a slower-paced aquatics program for people with fibromyalgia or arthritis, and is taught in a heated pool. Trained instructors lead participants through a series of specially designed exercises to help improve joint flexibility and relieve pain and stiffness. It is not necessary to know how to swim.

**Days:** Tuesday and Thursday

**Times:** 3:00pm-4:00pm

**Location:** MCRC- Leisure/Lap Pool

**Fees:** Walk-In \$3 per Class  
10 Visit Punch Card for \$30

MEDINA COMMUNITY RECREATION CENTER

