

# GAC ADULT AQUATICS

## RELIEVE YOUR ARTHRITIS PAIN TODAY!

GAC Aquatics offers many classes for people with arthritis. Held in our warm water Therapy Pool, these classes are suitable for anyone looking for gentle exercise. Participants experience increased joint flexibility, range of motion, muscle strength and stamina. Most importantly, this class can help reduce pain caused by arthritis and improve overall health.

All classes are free to members.

Non Members can purchase a package of 12 classes for \$55.00. **Expires 4 months from date of purchase.**



### ARTHRITIS CLASSES

Sun: 1:00 pm - 2:00 pm

Mon: 11:30 am - 12:30 pm

Tue & Thurs: 9:00 am - 10:00 am

Wed, Thurs, & Fri: 12:00 pm - 1:00 pm

Mon & Wed: 5:00 pm - 6:00 pm (Sept - May)

Mon & Wed: 7:00 pm - 8:00 pm (June - Aug)

Sat: 12:30 pm - 1:30 pm (Sept - May)

Sat : 10:00 am - 11:00 am (June - Aug)



*"Whenever I come to the pool for Arthritis Class, I can sure tell a difference. These classes help reduce my joint pain and have helped improved my strength and balance." ~ Ida*

For more information or to register, please contact  
Aquatics Director, at 810-606-7817.



Want to receive the latest information about upcoming programs?  
Sign up for the GAC Insider, an email newsletter for GAC members.  
[eepurl.com/MK3t](http://eepurl.com/MK3t)

**GENESYS**  
ATHLETIC CLUB