



Aquatics to Restore Health

12:00-12:45 PM ON MONDAYS AND WEDNESDAYS

A small group outcome based class for cancer survivors and all Y members who are seeking to **improve: strength, mobility, balance and decrease symptoms of chronic disease.** Water allows freedom to move and exercise with more ease and less pain. Free Wellness Coaching and tracking progress is included! This program is free and open to all members. Class starts on 8/1



FOR MORE INFO OR TO ENROLL EMAIL TIM WOODS AT TJWRUNNER@GMAIL.COM

WWW.ABOVEANDBEYONDCANCER.ORG

