

Aqua Stretch*

A new form of individually facilitated aquatic exercises which may be used in wellness programs. Aqua Stretch uses a series of stretching exercises done in varying depths of water and with or without weights. Aqua Stretch is considered a break through in pain management and injury prevention. This class carries an additional fee and pre-registration is required. Please inquire at the Front Desk to register.

Instructor: Cindy Morrison