



<http://joints.center/joints-information/relieving-pain-caused-arthritis-swimming/>

Make a splash with Water Fitness Class!

Laura Feese, Certified Aquatic Instructor with 25+ years of experiences, will lead a progressive water work-out for participants of all ability levels. No swimming skills needed (hair can stay dry or not). Benefits include increased energy, better sleeping, relief from joint

2016 Dates:

Spring Semester

Jan. 12 - April 21 (no class March 15-17)

Summer Semester

April 26 – May 26

Fall Semester

Sept. 6 - Dec. 8 (no class Oct. 4 / Nov. 24)

Location: Natatorium, Belknap Campus Tue/Thurs. from 12- 12:45 p.m.

ENROLL TODAY!

<https://louisville.edu/gethealthynow/get-involved/wellness-resources/fitness/water-fitness-class>

