

# LAKOTA FAMILY YMCA ARTHRONS

*Water is a safe, ideal environment  
for relieving arthritis pain and  
stiffness*

**Monday & Wednesday**

**9:00am-10:00am**

**Next Session:**

**October 17th-December 7th**

**(NO CLASS Nov. 9th-14th)**

**Register at the Frontdesk**

*Allows you to exercise without putting excess  
strain on your joints and muscles. The gentle  
activities in warm water, with guidance from  
a trained instructor, will help you gain  
strength and flexibility*



**Arthritis Foundation  
Aquatic Program™**