

AQUABILITIES

WATER FITNESS PROGRAM



*Aquability is an innovative and fun movement adult aquatic group exercise program!
No swim skills are required.*

WHERE:

**3399 S Winton Road
Rochester NY, 14623**

WHEN:

**MONDAY OR WEDNESDAYS
12:00 – 1:00PM**

**TUESDAYS OR THURSDAYS
12:30–1:30PM**

*** ATTEND 1, 2 OR 3 TIMES A WEEK ***

AQUABILITIES FOCUSES ON:

- Arthritis and Range of Motion
- Light Cardio and Pain Relief
- Activities of Daily Living Support
- Core Strengthening
- Fall Prevention
- Fibromyalgia Relief
- Pre and Post Surgical ROM

**Classes are held in a
95-degree
brominated pool
that is 4 feet deep
with access to a lift
chair and ramp.**

***Locker rooms and showers
are available***

Contact us:

**WWW.SPORTSNETNY.ORG
(585)334-6000, ext-1377**