

Pool

Elder Circle Offerings

To Contact Elder Circle: (218) 999-9233

YMCA Offerings

To contact the YMCA: (218) 326- 1161

- **Arthritis Foundation Water Class**
 - This is a warm-water exercise program suitable for every fitness level and has been shown to reduce pain and improve overall health. Each class session provides a friendly and supportive environment that encourages social interaction. The classes are led by specifically trained program leaders 3 times a week for 45-60 minutes. These classes are low impact, and include range of motion, muscle strengthening, social activities, and an optional, moderate-intensity aerobic component.
 - **When:** Mondays, Wednesdays, Fridays
 - 9:30-10:30, new sessions beginning monthly
 - **Where:** Itasca County Family YMCA Swimming Pool, 400 River Road, Grand Rapids, Mn 55744
 - **Instructors:** Monica Beighley, Jamie Mjolsness, and Alice Rosa
 - **Register:** Elder Circle 999-9233
 - **Cost:** Suggested donation based on income

- **SilverSneakers® Splash**
 - A universal class designed to increase your cardiovascular endurance, agility, strength, and balance in an aqua in environment

- **F.I.T**
 - The next level in the Arthritis Foundation classes. Fibromyalgia Interval Training is designed to utilized deep water to help manage pain, stiffness and fatigue.

- **Aqua ZUMBA®**
 - Those looking to make a splash by adding a low-impact, high energy aquatic exercise to their fitness routine with energizing music. Just add water and shake!
- **Rusty Hinges**
 - A gentle workout for people with arthritis or MS- approved by the American Arthritis Foundation
- **H2OX**
 - Exercise using the resistance of the water for strength and buoyancy for minimum joint stress

Majestic Pines Offerings

To Contact Majestic Pines: (218) 999-7776

- **Arthritis Foundation Aquatic Exercise**
 - Perfect class for those individuals wanting to start an exercise program. The class consists of basic strength, flexibility and range of motion exercises for overall workout. (*Gentle*)
- **Aqua Core**
 - Resistance training using core stabilization exercises while in the water. The water is the perfect medium for improving dynamic balance, strength, agility and coordination. Aqua core provides a total body work out in the water to music. (*Moderate*)
- **Water Aerobics**
 - This fast speed class focuses on strength, flexibility and cardiovascular conditioning throughout the water to music. (*moderate to vigorous*)
- **Aqua Pilates**
 - A mid-intensity cardio workout in the pool combining water aerobics with Pilate's core conditioning principles. (*Moderate*)

- **Aqua PiYoChi**

- This is a mid-intensity cardio workout in the pool combining water aerobics with Pilate's core conditioning principles. (*Moderate*)

If you know of any programs or providers who should be on this list, please let us know! Go to the Contact Us page at www.getfititasca.org/contactus with the details!