

Aqua for MS

Maintain Mobility Improve Flexibility Maximize Muscle Strength

NCH Aqua for MS program generally focus on improving balance and flexibility, along with increasing muscle strength and endurance. The Aqua for MS class allows you to exercise without putting excess strain on your joints and muscles. The gentle activities in water, with guidance from an MS Society-certified instructor, will help you gain strength and balance, increase circulation and maintain or improve range-of-motion. Our classes may involve slow exercises such as: water walking and knee extensions. The class is held in the lap pool and includes stretching with full range of motion and toning.

The Wellness Center Lap Pool temperature for our aquatics programs is 80–84 degrees.



Only Tuesdays 11:15am-12:00pm

Single Session: \$13 NCH Wellness Center Members and \$20 Non-Members

Cost 2+ Sessions: \$11 NCH Wellness Center Members and \$18 Non-Members

To begin your sessions, please contact:

Gilda Khalaj

Group Exercise Coordinator

847-618-3665

Gkhalaj@nch.org

Cancellation policy:

The 24-hour cancellation policy applies to all Pickleball reservations. Please call the front desk 847-618-3501 to cancel or contact Gilda to modify your reservation time/day.

Aqua Arthritis

Benefits of aquatic exercise for arthritis :

- Preserving and restoring range of motion and flexibility around each affected joint
- Decreased gravity in the water lessens the impact on your joints for greater ease of movement and range of motion
- Increasing muscle strength and endurance improves joint stability
- Lessens the physical and psychological pain that often accompanies an arthritic condition

The Wellness Center Warm Water Therapy Pool temperature for our aquatics programs is 90-93 degrees.



Monday—Wednesday—Friday 11:15am—12:00pm

Tuesday—Thursday 10:15am—11:00am

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Cost 2+ Sessions: \$11 NCH Wellness Center Members and \$18 Non-Members

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