

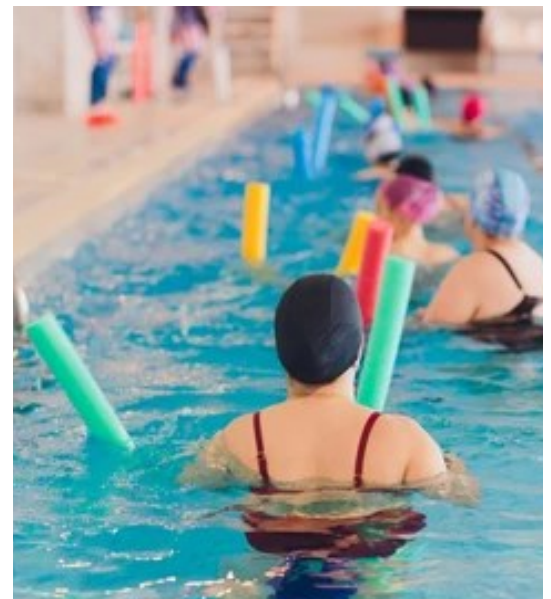
Aqua for MS

A cool-water exercise class designed for those with MS. The class is held in the lap pool and includes stretching with full range of motion and toning.

What to expect at your first class:

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.



Sessions	Time	Per Class	
Tuesdays	11:15 am	\$11M/\$18NM	8-10 sessions
Thursdays	—12 pm	Per person	

To begin training, please contact:

Gilda Khalaj

Group Exercise Coordinator

847-618-3665

Gkhalaj@nch.org

Aqua Arteritis

Preserving and restoring range of motion and flexibility around each affected joint.

Increasing muscle strength and endurance improves joint stability.

Increasing aerobic conditioning to improve stamina for longer duration.

What to expect at your first class:

Aqua Arthritis classes will start with a warm-up and progress to gentle exercise to improve strength and flexibility. Then progresses to continuous movement for improved cardiovascular function and finishes with a cool-down phase.



Sessions	Time	Package Cost	
Monday	10:15 am	\$11M/\$18 NM	8-10 sessions
Wednesday	—11 am	Per person	
Friday			
Tuesdays	11:15 am	\$11M/\$18 NM	8-10 sessions
Thursdays	—12 pm	Per person	

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