

BENEFITS OF WATER FITNESS

- Water has twelve times the resistance of air
- build strength by moving water
- Reduce impact on joints by up to 90%
- No swimming skills required
- Improve mood and decrease anxiety
- Burn calories in a comfortable environment



NEW 8/30/21

WATER FITNESS SCHEDULE

Water Aerobics	Mon/Wed 8-9am
Water Walking	Mon/Wed/Fri 10-11am
Water Arthritis	Tue/TH 11am-12pm
Water Yoga	Mon/Wed/Fri 12:30-1:30pm
Water Wellness	Mon/Wed/Fri 2-3pm

YMCA OF DOUGLAS COUNTY | 1151 NW STEWART PARKWAY | ROSEBURG, OR 97471 | 541.440.9622

For updated pool schedule visit ymcaofdouglascounty.org/swim