



Joint Plus Aquatic Class for Adults

This is a water fitness class that will consist of range of motion exercises and activities to improve strength, flexibility, balance and joint function. This class is beneficial for everyone but especially for people with joint pain and/or arthritis. The temperature of the pool averages 92 degrees and is equipped with handrails and ramps for entering and exiting the pool.

WHO: This class is offered to persons 18 years old or older with a bleeding disorder or a family member of a person with a bleeding disorder who lives in the HOC service area.

WHEN: Tuesdays & Thursdays 5:30 pm – 6:15 pm
Classes will begin on January 5 – April 1, 2010
You do not have to attend every class.

WHERE: Center for Aquatic Rehab & Exercise (C.A.R.E.), 2801 S. Webster Ave. Green Bay (corner of Webster and Broadview). Take Webster Exit off Highway 172 onto Webster Avenue south to Broadview. The Aquatic entrance (blue entrance) is at the west end of the building. Both regular and handicap parking is available near this entrance.

WHAT TO BRING: Swim suit or shorts and t-shirt are acceptable
Towel and soap
Lock for locker if you bring valuables with you
Aqua shoes are recommended. HOC can provide them.

COST: The cost of this program is covered by the Hemophilia Outreach Center Fitness and Wellness Program.

Health & Safety: If any of the following conditions exist, you should not attend class:

Open sores, urinary tract infection, cold/respiratory tract infection, fever, menstruation without internal protection, fluctuating blood pressure not controlled by medication, infectious diseases.

To Register: Call the Hemophilia Outreach Center at (920) 965-0606.