



Monthly Fees: Individual \$73.00 Married Couple \$115.00

We are proud to say that all of our Arthritis classes are led by an instructor certified with the Arthritis Foundation.

Private personal training sessions with a certified instructor \$30.00 per 30 minute session

(We cannot bill your insurance, but will be happy to provide you with any documentation which may assist you in gaining reimbursement). We can also refer you to a Physical Therapist who conducts Aquatic Therapy.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|----------------------------------|
| Water Walking 6:30 -10:00 a.m. 4:30 – 7:00 p.m. | Water Walking 6:30 - 10:00 a.m. 4:30 – 7:00 p.m. | Water Walking 6:30 -10:00 a.m. 4:30 – 7:00 p.m. | Water Walking 6:30 - 10:00 a.m. 4:30 – 7:00 p.m. | Water Walking 6:30 -10:00 a.m. 4:30 -7:00 p.m. | Water Walking 8:30–10:30 a.m. |
| Arthritis Class 10:00–10:50a.m. 11:00 -11:50a.m. | Arthritis Class 10:00-10:50a.m. | Arthritis Class 10:00–10:50a.m. 11:00-11:50a.m. | Arthritis Class 10:00-10:50a.m. | Arthritis Classes 10:00–10:50a.m. 11:00-11:50a.m. | |
| Water Walking 12:00 - 12:50p.m. | Ai Chi 12:00-12:45p.m. | Water Walking 12:00-12:50p.m. | Ai Chi 12:00-12:45p.m. | Water Walking 12:00 - 12:50 | |
| Arthritis Class 1:00 - 1:50p.m. | Arthritis Class 1:00 - 1:50p.m. | Arthritis Class 1:00 - 1:50p.m. | Arthritis Class 1:00 - 1:50p.m. | Arthritis Class 1:00 - 1:50p.m. | |

LAND CLASSES ARE OFFERED IN THE DOSS ROOM PLEASE SEE THE LAND EXERCISE CLASS SCHEDULE

This is an independent program. However, if at any time a participant requires additional assistance or supervision, we will require an appropriate caregiver to assist as needed. We welcome spouses, assistants or aides to help with the member's participation at COM. For your safety, we ask that members not enter the pool without the consent and/or supervision of COM staff. At all times participants are encouraged to limit exercises which produce pain and work at a level appropriate for each individuals needs.