

Aqua dance class is a fun environment and they can do activity in the water with the music.

So first they get to engage in exercise in the water with the fun music. And also they get to have fun with remembering the choreography so that they get in the groove and start dancing. And also it has a comradery among themselves where they do activity together and they have a routine together in the water with the music. But mainly cardiovascular exercise and also incorporating balance and strengthening activity.

Arthritis class it's a low intensity program where there's less dynamic movement, so all the movements are low impact. We do not use any resistive equipment. Majority of the population in that class they cannot do a lot of resistive exercise. But they still get the resistance from the water. So they can still work on strengthening exercise. And our goal is that so they can maintain their range of motion.

We do a lot of movements, we do flexibility exercise, and we also perform its called Ai chi, it's a form of Tai Chi but its done in the water so that our clients can safely work on their range of motion, paying attention to their pain and also their limitation, so being aware of their body and the mind. And doing exercise all together, low intensity.

Everybody is so friendly, it's like a big family. And of course you get the benefits of your health. You feel better. I started back to walking on the days that I'm not here. So it just gives you more energy and encouragement and I want to get back to my old schedule at home.

Our instructor is the best. We love him- everybody loves him.

It's fun, it's friendly, and it just gives you a spark in life because... you want to keep going instead of feeling sorry for yourself because you can't walk straight, you can't do

the things that you used to do. The Center is a God given organization, really. I find that it's helped me quite a bit. This is my second semester and I tend to continue.

Aquatic Pilates, using noodles, or aqua dumbbells, and we work on core stabilities. So utilizing different equipment we change our body position in the water. And the instructor will teach clients how to activate those core muscle group and work on their posture, balance, and also walking as well so that it leads to their daily activity where they can do exercise safely on land. The aquatic Pilates will prepare them for that.