



WHAT IS AQUATIC EXERCISE?

Aquatic exercise is a planned program provided in a warm pool, which may benefit people who have:

- Arthritis
- Back pain
- Cerebral palsy
- Head injuries
- Movement disorder
- Multiple sclerosis
- Orthopedic injuries
- Spinal cord injuries
- Sports injuries
- Stroke

**Franciscan Health Mooresville
Physical Therapy and the
Aquatic Exercise Program**
1201 Hadley Road
Mooresville, IN 46158
(317) 831-9333

Continuing Christ's Ministry
in our Franciscan Tradition



[FranciscanHealth.org](https://www.FranciscanHealth.org)

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AQUATIC EXERCISE



A FUN, LOW-IMPACT
APPROACH TO
BETTER HEALTH





Great exercise, even if you can't swim. You don't have to know how to swim to enjoy the healthy benefits of water exercise. Many activities can be performed with your feet on the pool floor and with plenty of reassuring support nearby.

AQUATIC PROGRAM

Franciscan Health Mooresville Physical Therapy offers aquatic exercise in our 20' x 16' handicap accessible pool. The pool is kept at a warm temperature for aquatic exercise. A physician's approval is required. Participants must bring their own swimsuits. Dressing rooms, showers, towels and lockers are provided. All programs begin with an orientation to pool safety and courtesy rules.

FEES

Each exercise class \$7

Discounts

8-class card \$52
 12-class card \$75
 18-class card \$108

WHY THE WATER?

Aquatics fitness classes are an enjoyable way to improve your health without putting undue strain on muscles and joints. The warmth, buoyancy and gentle resistance of water offer important benefits for people who are recovering from an injury or illness, managing a chronic disease such as arthritis or simply need to ease back into exercise.

- In warm water, people with limited mobility can perform exercises they are unable to accomplish on land to build strength and increase flexibility.
- Warm water is soothing to painful joints or muscles and relaxes tight or spastic muscles, allowing a more effective program than what might be possible on land.
- Water reduces the effects of gravity, which allows greater mobility and muscle resistance with less pain.

AQUATIC CLASS SCHEDULE

JOINT SMART (AFAP)

Noon-1PM • Monday-Friday

Low-intensity, low-impact program for people with arthritis, designed by the Arthritis Foundation and the YMCA

AQUA AEROBICS

11AM-12PM • Monday-Friday

A conditioning program for people who want to increase flexibility and lose weight. Ideal for those who want a workout that increases heart rate and stretches muscles

INDIVIDUAL EXERCISE

3:45-4:45PM • Monday and Thursday

Opportunity to do your own workout with some guidance if needed

MARLINS AND MINNOWS

Call for class days and times

A water familiarization class for parents and their infants

For more information about the Aquatic Exercise Program or class schedules, please call (317) 834-5752 or (317) 831-9333.

