

MOMercise: Water Aerobics

Keep fit and have fun in our low-stress water aerobics class for pregnant women and new mothers. The exercises improve flexibility and strength, and help minimize excessive weight gain. A physician's prescription for pool exercise is required. Class times vary and are held at Community's Rehabilitation Center pool.

WHERE: Rehabilitation Pool ~ Community Medical Center

For current fees, schedule, and availability please call 327-4634 or e-mail lseipert@communitymed.org



From day one.