

## **Arthritis, Water Exercise**

Age Requirements

18 and over

Available 24/7

No

Other Eligibility Criteria

Individuals with arthritis or related conditions

Intake Contact

Marty Trachtenberg

Intake Process

Telephone referral, walk-in accepted. Call for time and register

Self Refer

Yes

Simon Family JCC

<http://www.simonfamilyjcc.org>

Main

(757) 321-2338

5000 Corporate Woods Drive, Suite 100

23462 VA

United States

Additional Availability Comments

Call for class times

Fee Structure

Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

A warm water exercise class held in the therapy pool is called Warm Water Flex and can help persons suffering with arthritis. The arthritis program follows the National Arthritis Association guidelines to help combat against the over 200 different kinds of arthritis. This total body workout helps tone, strengthen, increase circulation and

promote better balance. This class takes place in shallow water and is ideal for people experiencing arthritis, osteoporosis, or in recovery from a recent injury or surgery. Non-swimmers welcomed. A referral from your physician is required (water shoes recommended).

A second warm water exercise class called Water 4 Arthritis also provides a gentle range of motion exercise but at a slightly faster pace than the Warm Water Flex class.

Please call for more information.

Service Area(s)

Chesapeake City

,

Norfolk City

,

Portsmouth City

,

Suffolk City

,

Virginia Beach City

Email

[info@simonfamilyjcc.org](mailto:info@simonfamilyjcc.org)