



CBRC Health & Fitness

AQUATIC FITNESS

This program is designed for those who cannot tolerate traditional land exercise programs and prefer water. Aquatic fitness promotes pain relief due to the buoyancy property of water that provides support for your joints. Aquatic fitness stimulates increase venous return and assists in improving circulation which aids in decreasing swelling and increasing range of motion. Participating in aquatic fitness allows you to work on balance training and postural awareness while strengthening weak muscles and improving overall endurance.

Aquatic Fitness options:
Hydrotherapy Classes available daily
(included in membership)

Meet with exercise professionals twice a week for 30-minute sessions. Available in 3, 6, or 12-month programs.
Cost: \$36-\$43 per session depending on length of program.

CBRC Health & Fitness Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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