



MT. PLEASANT AQUATIC CENTER

CALLING ALL SENIORS!

ANNOUNCING WATER AEROBICS

When: Monday– Friday at 7:30 am and 8:30 am

Where: Mt. Pleasant Aquatic Center (74 East. Main, Mt. Pleasant UT, 84647)

COMMON QUESTIONS & ANSWERS:

<u>Q.</u> HOW MUCH does it cost?	<u>A.</u> It is included in the daily admittance fee. Call your Insurance Company. <i>Most insurances will pay.</i>
<u>Q.</u> Do I have to wear a swimming suit?	<u>A.</u> A swimming suit is recommended but athletic wear is allowed. No Levi's, dirty, or frayed clothing.
<u>Q.</u> Is this class for everyone?	<u>A.</u> YES! This is great exercise for seniors and is open to everyone.
<u>Q.</u> Who can go?	<u>A.</u> EVERYONE!! Those who are tired of setting home growing cobwebs in their brain, their joints and muscles, or tightening up from lack of exercise, bad joints or joint replacements, PT, Bad backs, simply aging. Those with depression, loneliness, need to socialize who are sick and tired of being locked up from Covid.
<u>Q.</u> Are there senior swimming classes?	<u>A.</u> If there is enough interest we will start a class. But you don't need to know how to swim to do our water aerobics.
<u>Q.</u> Does the pool have the gear I would need?	<u>A.</u> Yes. The Aquatic Center has all the gear that the class might require.
<u>Q.</u> Are there lifeguards on duty?	<u>A.</u> Yes.

This class will get you moving and enjoying life!

Our water aerobics class is low impact and easy on the joints!

While you might benefit from attending everyday, you don't have to come every day, and you can go at your own ability and your own speed! It is up to you to make the class as hard or as easy as you want!

We hope that you come and join in on the fun!

Contact information: 435-462-1333
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