

AQUATICS GROUP EXERCISE CLASS

WEDNESDAYS 10AM-11:00AM

FRIDAYS 10AM-11:00AM

WEDNESDAYS 11AM-12:00PM

FRIDAYS 11AM-12:00PM

AT THE JOAN KROC CENTER

6845 University Ave. San Diego, CA 92115



Stretching

Water Walking

AI CHI Postures

Overall Stretching

Gentle Group Exercise

Weightless Environment

Low Impact and Low Aerobic Exercises

93 DEGREE HEATED THERAPY POOL – CHAIR LIFT AVAILABLE

EXCELLENT WORKOUT FOR PEOPLE WITH ALL ABILITY AND
MOBILITY CONDITIONS!

1/2 HOUR OF WATER WORKOUTS CAN BE EQUAL TO 2 HOURS
OF LAND WORKOUTS!

For more detailed information on the client programs available
contact the Challenge Center by phone at (619) 667-8644



Challenge Center
5540 Lake Park Way
La Mesa, CA 91942
www.challengecenter.org