

# Aqua Aerobics

## Come and try or have a look!



For seniors, those diagnosed with dementia or related disorders like Parkinson's, arthritis, their family or paid carers.

Enjoy the water with those who understand with the support from a Professional Group Fitness Instructor

In a **heated** 25m heated indoor therapeutic accessible swimming pool

**Mondays:** 10 am – 10.45 am

Starting 1<sup>st</sup> July, 2024

**Cost:** \$10 an individual.

See if your My Aged Care or NDIS packages will pay.

**Wear:** Swimmers, leggings, shorts or t-shirts

**Parking** for disability



### Benefits of Aqua Aerobics:

Evidence supports the effectiveness of water aerobics for managing pain and stiffness, particularly back, hip, knee and shoulder pain, medical conditions including arthritis and other chronic and complex conditions which make it hard to move.

Burn calories

Build endurance

Increase flexibility

Reduce stress on joints

Increase muscle strength

Brain stimulation

Provides social event

Provides relaxation



**Nambour Aquatic Centre, 31 Petrie Park Road, Nambour. 5476 0455**

**Contact:** Lorrae, 0418 298 183 or [carersoutlook@gmail.com](mailto:carersoutlook@gmail.com) to enquire or register