

*More Than Fitness.
A Way of Life.*



Write Your Own Script For Health & Fitness

Grand Traverse Pavilions incorporates a whole-person health philosophy in our state-of-the-art Aquatic/Wellness Center. That philosophy, simply stated, suggests that wellness is more than fitness. It is an attitude. A way of life.

The Aquatic/Wellness Center programs feature licensed staff specialized in training and therapy for older adults.

- Physical Therapy
- Occupational Therapy
- Speech-Language Pathology
- Aquatic Therapy
- Recreational Therapy
- Restorative Nursing
- Health & Fitness Programs
- Dry Land Exercise
- Aquatic Exercise

Sign up now for our Aquatic Exercise Classes. The five-week sessions are held twice a week in our new 88-degree therapy pool.

Aquatic exercise has multiple benefits. It's great for individuals of all ages who need to focus on strength, range of motion, endurance, balance, and coordination.

Community Exercise Classes

Senior Aquacise

Targets older adults. Focus is on joint mobility, flexibility, and strength by using low impact aerobics, water walking, and light water jogging.

Mondays and Wednesdays
12 p.m. - 1 p.m.

Arthritis Aquacise

Provides an opportunity for people with arthritis to participate in a fitness class. Designed to maintain and enhance joint flexibility and muscular strength.

Tuesdays and Fridays
11 a.m. - 12 p.m. & 1 p.m. - 2 p.m.

Fee: \$80 for 10 classes.
Full payment at registration.
Participants encouraged to consult a physician before beginning class.

Call (231) 932-3172

Aquatic



**Aquatic/Wellness
Center**
GRAND TRAVERSE PAVILIONS

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