

OhioHealth Ontario Health and Fitness Center

WARM WATER AQUATICS PROGRAMMING



The OhioHealth Ontario Health and Fitness Center's warm water pool is ideal for range of motion exercises and gentle water walking/aerobics. The pool temperature is kept warm to alleviate joint pain and stiffness.

- + Multi-Level Warm Water Pool 3'-6'
- + Pool Temperature Maintained between 88-90 degrees
- + Chair Lift Entry Available

Aqua Arthritis: A warm water, joint-safe exercise program using gentle movements to improve functionality.

Program Day/Time: Tuesday & Thursday: 10-10:50AM, 11-11:50AM or 1:00-1:50PM

Aqua Fitness: A warm water, moderate aerobic workout with a greater focus on body movement, muscle conditioning, balance work and stretching.

Program Day/Time: Tuesday & Thursday: 5:00-5:50PM

How do I enroll in the program?

Pre-registration is required. Participants may register in person or over the phone. Registration is open 4 weeks prior to the start of the session.

Fitness Center members: \$40 for a 6-week session (12 classes)

Non-Members: \$80 for a 6-week session (12 classes)

2025 Session Dates

Fall Session I	Sept. 23rd- Oct. 31 st	Registration begins on Aug. 26th
Fall Session II	Nov. 4 th - Dec. 16th	Registration begins on Oct. 7th



OhioHealth Ontario Health & Fitness Center
1750 West Fourth Street, Ontario OH
Call (419)526-8900

