

# Water Exercise

*For People With*

## Fibromyalgia

- Have Fun!
- Relax in a heated indoor pool!
- Meet others who have chronic pain.
- Relieve Stress!
- Gentle stretching to help improve flexibility.
- Mild aerobic activity led by certified instructors.

**Where:** Pine Street YMCA, 266 S. Pine street, Spartanburg

**When:** Tuesdays & Thursdays 10:30 – 11:15 am  
Starts September 11. May join any time.

**Cost:** \$5./class, must pay for at least 2 classes at a time  
Scholarships available

**Who Can Come:** Must be at least 18 years old; Must have shower, enter & exit pool without assistance; Must be able to walk 100 feet; Do not need to know how to swim.

**To Registrar :** Fill out the form below and return this flyer to the Pine Street YMCA.

**For more information** call Nancy at the Pine Street YMCA  
585-0306, Ext.139

---

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

**YAQUATICS™**

*We build strong kids, strong families, strong communities.*