

The City of Springfield's Aquatics Department
wants to help you go from



O₂H

Overweight ₂ Healthy

This fitness program is designed to meet the specific needs of those who are *overweight or obese*. Exercising in the water allows for low-impact movements that increase range of motion and circulation. Whether you are simply walking or using our aquatic fitness equipment for extra resistance, we can offer a personalized workout for you at your own pace. No swim experience is needed!

For someone who struggles with their weight, exercising can be very physically, mentally, and emotionally challenging. **You are not alone!** With trained professionals on site to help, this program offers a safe, supportive, and effective way for those individuals to begin to develop a healthier lifestyle in a protected environment *with other people who are also overweight*.

Do not think of what you have to *lose*, think of all you will *gain!*

Pre-registration is required, and space is limited.

All classes are based on enrollment and are subject to cancellation.

Location – Milton Bradley Elementary School (*Easy Walk-In Access to Pool*)

22 Mulberry St. Spfld., MA

Dates – January 21 – March 20, 2025

(No class on 2/18 & 2/20)

Day – Tuesdays and Thursdays

Time – 4:30 – 5:15pm **OR** 5:30 – 6:15pm

Cost is **\$60.00 for all Springfield residents** and **\$70.00 for non-Springfield residents**. Cost is for an entire session (16 classes)!

****Special rates for Baystate Weight Management patients available! (\$50.00)**
Cash or check only.

To register, or for more information, please email the Aquatics Director,
Joe Federico at jfederico@springfieldcityhall.com .