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

O_2H

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*. Our staff can guide you through each step. Throughout the program you will receive guidance in the fields of nutrition, exercise, mental health, and motivational speakers who have been in your shoes. We feel it is important to not only focus on the physical, but the mental and emotional aspects that can affect your weight.

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 – October 12 – December 14, 2021
Day – Tuesdays and Thursdays
Time – 5:30 – 7:00pm

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 call the Aquatics Director, Joe Federico at (413) 787-6298.