

# SPECIALTY CLASS SCHEDULE

*Sessions Begin Saturday, May 5, 2018*

Join the Mohawk Valley Health System (MVHS) Wellness Center for these specialty aquatic and exercise classes. All classes run in six-week sessions. Space is limited and registration is on a first-come, first-served basis. Participants **must** register and pay for the entire eight-week session of a class **or** purchase a pre-paid punch card for per-class entry.

Call **315-624-5484** or email [wellness@mvhealthsystem.org](mailto:wellness@mvhealthsystem.org) to reserve your spot or purchase a pre-paid punch card. Visit [www.mvhealthsystem.com/wellness](http://www.mvhealthsystem.com/wellness) to print class registration materials. Bring completed forms, along with payment, to the first class.



## Aqua Attack

A calorie-burning, high-energy class for participants of any age or fitness level.



## Mommy & Me

A fun and stimulating class for parents and babies that promotes developmental skills.



## Yoga

Helps gain strength, flexibility and relaxation through breath and movement.



## Aquatics for Back Pain

A combination of water exercises and stretches to reduce back pain.

Class	Time	Dates	Location	Cost
<b>Aqua Attack</b>				
Saturdays	9 a.m.	May 5 to June 30	Wellness Center	\$45
<b>Mommy &amp; me</b>				
Saturdays	10 a.m. (6 to 23 months) 11 a.m. (2 to 4 years)	May 5 to June 30	Wellness Center	\$70
<b>Yoga</b>				
Tuesdays	4:30 p.m.	May 8 to May 26	CRCCS Chapel	\$60
<b>Aquatics for Back Pain</b>				
Tuesdays and Thursdays	11:30 a.m.	May 8 to May 26	Wellness Center	\$85

### Are you a MVHS employee?

All MVHS employees receive a **\$10 discount** on class registration and memberships.

Visit our website for information on other ongoing programs such as the Fitness Center, Arthritis Aquatics, Low Impact Water Aerobics and Cardio Blast Water Aerobics.

\*Scholarships available through Children's Miracle Network Hospitals for families who qualify.