

# ANNA-MARIE *fitness* INSTRUCTOR



Anna-Marie leads the Joint Tune-Up class at Challenge Fitness, helping individuals with arthritis or mobility challenges move with ease in the 86-degree lap pool. With a supportive approach, she guides gentle, low-impact exercises to improve flexibility, strength, and comfort. Dive in and give your joints the care they deserve!

Join Anna-Marie in the pool for a refreshing, low-impact workout designed to keep you moving with ease!

## JOINT TUNE-UP CLASS:

JOINT TUNE-UP - Multi-Level - This aquatic arthritis class is in our 86 degrees lap pool. Geared for individuals who suffer from arthritis or may need physical rehabilitation in a warmer setting. Our certified instructors will lead you through a range of movements that will give your joints a tune-up!

*Classes are included in Challenge Fitness Base Membership and some of Insurance Memberships we offer OR try it for \$4.00 per class as a walk-in.*



86°F



**MOVE BETTER, FEEL STRONGER, TOGETHER!**

**Did You Know?**


The Joint Tune-Up class offers numerous benefits, especially for individuals with arthritis or those recovering from injury. Here's how it helps:

- Eases Joint Pain & Stiffness
- Improves Mobility & Flexibility
- Strengthens Muscles with Less Strain
- Reduces Stress on Joints
- Boosts Circulation & Heart Health
- Provides a Relaxing, Supportive Environment

GROUP FITNESS CLASSES  
INCLUDED WITH MEMBERSHIP!



 LockportPark.org

 815.838.3621

 2021 Lawrence Ave.,  
Lockport IL 60441





# CATHY B

## GROUP fitness INSTRUCTOR

Cathy B. leads the Joint Tune-Up class at Challenge Fitness, helping individuals with arthritis or mobility challenges move with ease in the 86-degree lap pool. With a supportive approach, she guides gentle, low-impact exercises to improve flexibility, strength, and comfort. Dive in and give your joints the care they deserve!

Join Cathy in the pool for a refreshing, low-impact workout designed to keep you moving with ease!

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# MARIE L

## GROUP fitness INSTRUCTOR

Marie L. leads the Joint Tune-Up class at Challenge Fitness, helping individuals with arthritis or mobility challenges move with ease in the 86-degree lap pool. With a supportive approach, she guides gentle, low-impact exercises to improve flexibility, strength, and comfort. Dive in and give your joints the care they deserve!

Join Marie in the pool for a refreshing, low-impact workout designed to keep you moving with ease!

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# PAT C

## GROUP fitness INSTRUCTOR

Pat C. leads the Joint Tune-Up class at Challenge Fitness, helping individuals with arthritis or mobility challenges move with ease in the 86-degree lap pool. With a supportive approach, she guides gentle, low-impact exercises to improve flexibility, strength, and comfort. Dive in and give your joints the care they deserve!

Join Pat in the pool for a refreshing, low-impact workout designed to keep you moving with ease!

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