



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HAVE FUN LIVE HEALTHY

Adaptive Aquatics & Yoga (MS Specialized)

Open to all! Ease the physical symptoms of multiple sclerosis and improve your emotional outlook through breathing, stretching, and aquatic exercises. MS Specialized classes are taught by instructors trained in the delivery of specific yoga and water exercise styles appropriate for those with multiple sclerosis or anyone seeking adaptable and gentle physical activity. Visit nationalMSsociety.org to learn more about information and resources available to help you live your best life with multiple sclerosis.

Water Exercise Classes offered:

Tuesday, 8 - 9 am
Wednesday, 6 - 7 pm

Yoga Classes offered:

Monday, 12 - 1 pm, with Christianne
Thursday, 6:30 - 7:30 pm, with Sofia

Free for members!

Non-member cost:

\$18 per monthly class session
\$30 two class session bundle
\$5 per single class

A monthly class session is the same day and time for the month, beginning on the first of every month. No prorating of monthly fees or refunds for missed classes.


For more information on Healthy Living programs, contact Matthew Jewell at Matthew.Jewell@ymcahouston.org.

For more information on living with multiple sclerosis, contact 1-800-344-4867 to speak with an MS Navigator.

TROTTER FAMILY YMCA
1331 Augusta Dr.
Houston, TX 77057
713-781-1061
ymcahouston.org/trotter-family



  text YMCAHouston
to 41411

 **YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.**



Adaptive Aquatics & Yoga

Frequently Asked Questions

What is Adaptive Water Exercise?

Water has many unique qualities that provide benefits to those with MS or anyone needing gentler exercise, including buoyancy, passive resistance, temperature control, and compression. Using body weight, hand held weights, pool noodles, and water support platforms, anyone can receive an effective and beneficial workout without over-stressing the body. Balance, flexibility, muscle strength and more will be improved.

What is Adaptive Yoga?

The main focus of Yoga is the mind-body relationship, and it gives you a dynamic awareness of yourself both with and without muscular action. This class takes the principles of Yoga and adapts them in therapeutic ways to help bring physical and psychological healing to participants with the use of chairs and other techniques.

Why should I take Adaptive Water Exercise and Yoga?

1. Improves overall muscle strength, flexibility, stability, balance and coordination
2. Increases internal/core, abdominal, and back strength
3. Improves joint mobility; helps with aches and pains
4. Improves posture and alignment, and stress levels
5. Increases body awareness; movements become controlled and responsive

Who are the Yoga instructors and what are their qualifications?

Sofia, Christianne, Penny, and MaryRo are our Yoga instructors, and are certified in Yoga with special training for multiple sclerosis.

Who are the Aquatics instructors and what are their qualifications?

Jihan, Mona, and Cindy are our Aquatics instructors, and are certified in Aquatics with special training for multiple sclerosis.

Is there a minimum that must be registered for the class to make?

The class will be held regardless of number of participants, but the class time may change in the next month due to low participation.

May I sign up if I'm not a member of the YMCA?

Yes, definitely. Please use our website or visit the Welcome Desk at the Trotter YMCA to register.

Does the schedule change monthly?

The schedule of class times may change based on participation, but always with notice before the beginning of the next month.

Can I take more than one class per week?

Yes, absolutely, but if a non-member, you must register for each class session.

Can the price be prorated if we miss a class?

No. We do not prorate class sessions because the class still goes on.