

Location: Renaud Center, Renaud Center, 2650 Tri. Sports Cir, O'Fallon, MO 63368. phone (636)474-2732

<https://www.renaudcenter.com/>

Therapeutic Aqua Aerobics Tu/Th

Here's a great way to start your mornings if you have arthritis or a bone and joint condition—treat your bones to warm water and relieve aches and pains. No swimming skills are required in this four-week class! Aquatic workouts relieve muscles of weight-bearing stress as they strengthen muscles and joints. Our specialized instruction will help you improve movement and flexibility.

Date: 2/3 to 4/29/2026

Time: 11:30am-12:30pm

Registration will be one month at a time

You may register by phone or in person or online

Register by 1/15 and then visit you no later than 1/23 to set up any accommodations

step 1: <https://www.renaudcenter.com/>

register to make an account

step 2: call (636)474-2732 and see if you qualify for silver sneakers or renew active

step 3: <https://moofallonweb.myvscloud.com/webtrac/web/splash.html>

step 4: scroll down and choose aqua aerobics

step 5: choose Therapeutic Aqua Aerobics - 320603, *and there are 3 sections* choose [320603-E](#)

step 6: check that section and add to cart

step 7: answer the question about an accomadation needed, scroll down and agree, then continue

step 8: shopping cart comes up. In the section for apply coupon, add your renew active or silver sneakers code if you have one

step 9: enter payment info and continue

step 10: you will get confirmation receipt

step 11: send that email or copy of receipt with your name and postal address to lesageknight@hotmail.com who will mail you a check during the first week of March

Class is open to the public. Class needs at least 10 members.

Initial Cost: \$44 for O'Fallon residents, \$48 for Non-residents, and \$16 for Silver Sneakers/Renew Active. **You will be reimbursed by check at the end of the each month by MS Bright Spots of Hope. You must attend at least 5-6 classes to be reimbursed.**

YOU MUST ALSO REGISTER AS A MS BRIGHT SPOTS PROGRAM ON WEBSITE.