



MS Bright Spots of Hope
msbrightspotsofhope.org

Therapeutic Aqua Aerobics (Tuesdays & Thursdays)

Start your mornings with a gentle, supportive workout designed for individuals with arthritis, MS, and other bone and joint conditions. Exercising in warm water helps relieve aches and pains while reducing stress on your muscles and joints. No swimming skills are required. This four-week class focuses on improving strength, flexibility, balance, and overall movement in a comfortable, low-impact environment.

LOCATION

[Renaud Center](#)

2650 Tri Sports Circle
O'Fallon, MO 63368

REGISTRATION

Register directly through the Renaud Center [at this link](#) (go to "Therapeutic Aqua Aerobics", find your dates and click "Add To Selection List")

COST

- O'Fallon Residents: **\$44**
- Non-Residents: **\$48**
- SilverSneakers/Renew Active Members: **\$16**

MS Bright Spots of Hope will reimburse your registration fee by check at the end of each month. Send receipt to Lesageknight@hotmail.com

NOTE: To qualify for reimbursement, participants must attend **at least 5–6 classes** during the month.