

Water Fitness Yields Health, Friendship

Berkeley — As aquatic exercise and mind-body programs such as yoga, tai chi and chi gung boom in the Bay Area, this summer the Berkeley Warm Pool rode the wave of water fitness and will continue to do so this Fall. The next Aqua Chi class at Berkeley Warm Pool will begin September 10 from 10-11am and will take place weekly.

Aqua Chi, a new program, is a fluid mix of movements created by Bett Martinez, M.Ed. With original upbeat, yet soothing background music, the activity benefits participants by increasing mobility and aiding in pain relief. Lovey, a staff member, became interested in Aqua Chi after her first encounter with Martinez. "I have always loved moving in water, so the minute I heard Bett talking about her exercise program

SpiritWalking: AquaChi at our Lymphedema support group, I knew it was for me."

Martinez was so convinced that Lovey would make a great teacher and role model that she postponed the June 2004 Teacher Training Program at the Berkeley YMCA for a month so Lovey could complete her chemotherapy for leukemia. Now, almost a year later, Lovey is Martinez's "right arm."

Classes cost \$5.50 or \$3.50 per class for seniors and disabled, and take place at Berkeley High School, 2246 Milvia. For more information, contact Bett Martinez at well-being@pacbell.net.