

**Kootenai Health
Outpatient Rehabilitation Services
Aquatic Exercise**

Group Schedule April-May-June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Instructor- Gina	Instructor- Le'tana	Instructor- Gina	Instructor- Le'tana	Instructor- Gina
7:00-7:45 Cardio/Yoga/Pilates		7:00-7:45 Cardio/Yoga/Pilates		7:00-7:45 Cardio/Yoga/Pilates
8:15-9:00 Cardio	8:15-9:00 Cardio	8:15-9:00 Cardio	8:15-9:00 Cardio	8:15-9:00 Cardio
11:00-11:45 Cardio	11:00-11:45 Cardio	11:00-11:45 Cardio	11:00-11:45 Cardio	11:00-11:45 Cardio
	12:00-12:45 Yoga/Pilates		12:00-12:45 Yoga/Pilates	
	1:00-1:45 AEA-Arthritis Foundation		1:00-1:45 AEA-Arthritis Foundation	
2:00-2:45 Total Joint Knee/Hip		2:00-2:45 Total Joint Knee/Hip		2:00-2:45 Total Joint Knee/Hip
4:00-4:45 Pi-Yo-Chi	5:30-6:15 Cardio/Yoga/Pilates	4:00-4:45 Pi-Yo-Chi	5:30-6:15 Cardio Yoga/Pilates	4:00-4:45 Pi-Yo-Chi

Independent Schedule April-May-June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	7:00-8:00		7:00-8:00	
9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00
10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00	10:00-11:00
12:00-1:00	2:00-3:00	12:00-1:00	2:00-3:00	12:00-1:00
1:00-2:00	3:00-4:00	1:00-2:00	3:00-4:00	1:00-2:00
3:00-4:00	4:00-5:00	3:00-4:00	4:00-5:00	3:00-4:00

Pool Message Line (208) 625-5359 Operating hours, changes to the normal schedule and unexpected pool closures recorded here.



2003 Kootenai Health Way
Coeur d'Alene, ID 83814
(208) 625-5311
www.kh.org/rehab

Payment methods and Fees:

We accept Cash, Check, or Credit Card (Visa, MasterCard & Discover)

Community: \$5.00 single visit

Military Veterans with VA card: \$3.00 single visit

Employee/Auxiliary: \$3.00 single visit

Senior: Age 64 and over \$3.00 single visit

Cancer Survivor: \$3.00 single visit

Aquatic Program Descriptions:



This class is suitable for individuals with arthritis, fibromyalgia, after therapy patients and those who enjoy a social class & slower pace.

Yoga/Pilates & Pi-Yo-Chi

Warm Water is perfect for integrating Yoga & Pilates. The fluid resistance adapts seamlessly to the movements, stretches, and poses. The instructor may include ballet and relaxation. The Pi-Yo-Chi program includes Aichi. ***Let's breathe deep, and focus the mind on the body.***

Cardio Get Wet and Get Moving!

Formats include circuits, intervals, kickboxing, dancing; deep water and more. The (AEA) Aquatic Exercise Association Certified Instructors' make it their personal goal to provide every class with a “**Fun-Safe-Effective**” water workout experience.

Cardio/Yoga/Pilates

A combination class with Cardiovascular endurance, Pilates for strength and Yoga for stretching.

Total Joint Replacement Knee/Hip

The natural buoyancy, resistance, and support of the water make the pool a great choice for preparing your body for total joint replacement surgery and rehabilitation following surgery. The Instructor is “**Committed to your success!**” Aquatic Therapy Rehab Institute Certified (ATRI, the Gold Standard for Aquatic Therapy).

Pre/Post Natal Call (208) 625-5313 and schedule your **FREE** one-on-one appointment with a certified prenatal instructor.

Prescheduled Pool Closures:

Monday May 27th, Memorial Day

