

Kootenai Health
Outpatient Rehabilitation Services
Aquatic Exercise

Group Class Schedule October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
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	
2:00-2:45 Total Joint Knee/Hip	1:00-1:45 AEA-Arthritis Foundation	2:00-2:45 Total Joint Knee/Hip	1:00-1:45 AEA-Arthritis Foundation	2:00-2:45 Total Joint Knee/Hip
4:00-4:45 Pi-Yo-Chi	4:45-5:30 Cardio/Yoga/Pilates	4:00-4:45 Pi-Yo-Chi	4:45-5:30 Cardio/Yoga/Pilates	4:00-4:45 Pi-Yo-Chi

Independent Schedule October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	7:00-8:00	9:00-10:00	7:00-8:00	9:00-10:00
10:00-11:00	9:00-10:00	10:00-11:00	9:00-10:00	10:00-11:00
12:00-1:00	10:00-11:00	12:00-1:00	10:00-11:00	12:00-1:00
1:00-2:00	2:00-3:00	1:00-2:00	2:00-3:00	1:00-2:00
3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00
Closed 5:00	3:30-4:30	Closed 5:00	3:30-4:30	Closed 5:00
	Closed 5:30		Closed 5:30	

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:



A class for individuals with arthritis, fibromyalgia, and/or after therapy patients. We're a social class that enjoys interacting and moving at a gentle pace.

Yoga/Pilates & Pi-Yo-Chi

The warm water is perfect for integrating Yoga & Pilates. The fluid resistance adapts seamlessly to the movements, stretches, and poses. The instructor may include, Aichi, Ballet and Relaxation techniques.

Let's breathe deep, and focus our mind on our body.

Cardio

The (AEA) Aquatic Exercise Association Certified Instructors' make it their personal goal to provide you with a **"Fun-Safe-Effective"** water workout experience.

Cardio/Yoga/Pilates

The perfect trio of exercises that can benefit the entire body!

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. Aquatic Therapy Rehab Institute Certified (ATRI, the Gold Standard for Aquatic Therapy).

