

**Kootenai Health  
Outpatient Rehabilitation Services  
Aquatic Exercise**

**Group Class Schedule: January-February-March 2020**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>7:00-7:45</b> Cardio/Yoga/Pilates		<b>7:00-7:45</b> Cardio/Yoga/Pilates		<b>7:00-7:45</b> Cardio/Yoga/Pilates
<b>8:15-9:00</b> Cardio	<b>8:15-9:00</b> Cardio	<b>8:15-9:00</b> Cardio	<b>8:15-9:00</b> Cardio	<b>8:15-9:00</b> Cardio
<b>11:00-11:45</b> Cardio	<b>11:00-11:45</b> Cardio	<b>11:00-11:45</b> Cardio	<b>11:00-11:45</b> Cardio	<b>11:00-11:45</b> Cardio
	<b>12:00-12:45</b> Yoga/Pilates		<b>12:00-12:45</b> Yoga/Pilates	
<b>2:00-2:45</b> Total Joint Knee/Hip	<b>1:00-1:45</b> AEA-Arthritis Foundation	<b>2:00-2:45</b> Total Joint Knee/Hip	<b>1:00-1:45</b> AEA-Arthritis Foundation	<b>2:00-2:45</b> Total Joint Knee/Hip
<b>4:00-4:45</b> Pi-Yo-Chi	<b>4:45-5:30</b> Cardio/Yoga/Pilates	<b>4:00-4:45</b> Pi-Yo-Chi	<b>4:45-5:30</b> Cardio/Yoga/Pilates	<b>4:00-4:45</b> Pi-Yo-Chi

**Independent Schedule: January-February-March 2020**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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
<b>Closed 5:00</b>	3:30-4:30	<b>Closed 5:00</b>	3:30-4:30	<b>Closed 5:00</b>
	<b>Closed 5:30</b>		<b>Closed 5:30</b>	

**Pool Closure Hot 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](http://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 fun social class at a gentle pace, research shows this program can benefit individuals with arthritis and fibromyalgia.

### **Pi-Yo-Chi and Yoga/Pilates**

The warm water is perfect for integrating Yoga & Pilates. The fluid resistance adapts seamlessly to the exercises, 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/Pilates/Yoga**

A trio to work 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 Instructor (ATRI, the Gold Standard for Aquatic Therapy).

### **Prescheduled Pool Closures**

January 1<sup>st</sup> New Year's Day

