



# MAGNOLIA PHYSICAL THERAPY AND AQUATIC REHAB CENTER

## Aquatic Fitness Classes

- No swimming experience is necessary.
- Both men and women of all ages welcome.
- 92-degree saline water
- Covered outdoor pool
- Physician Release form required if you have a history of health conditions.
- Physician consultation is recommended prior to participation in any exercise program.

### Caregivers:

**\*If participant requires a caregivers assistance in the pool- there is no charge for the care giver.**

**\*Are responsible for stand-by-assistance during class session in pool and on deck if necessary, this includes the bathroom/ shower areas.**

**PRICES:** All classes are \$52.00 per month (breaks down to \$6.50 per class for 2x's/week for one month)

**EXCEPT:** Private lessons are \$65.00 per hour

### **Parkinson's Group H2o Class :Tues/ Thurs 1:30p– 2:30p**

This class will provide comprehensive exercises for people with many forms of Parkinson's Disease in a variety of modified positions to provide cardiovascular improvement, muscular strength, endurance and mobility. Water workouts are a gentle way to move joints and muscles and warm temperature of the water helps decrease stiffness and pain. This class will demonstrate joint range of motion and mobility with water exercises to complement land movement. (45 minutes)

### **Private Water Safety Lessons : Call to make an appointment**

This 1 hour water safety lesson will educate both people with PD and their caregivers. Water education will teach each individual how to be safe in and around the water. Whereas a group program is more general in nature, the one-on-one program can be individualized to the specific needs of the client and altered as needs and functioning abilities change. This class is a pre-requisite to progress into the PD Group H2o exercise class and for individuals who need extra help with their activities of daily living.

**Call for questions & to hear more about our exciting new classes!**

*All classes are taught by an AEA Certified Aquatics Fitness Instructor, Shannon Ross.*

**19032 Magnolia Street**