



KNEE & HIP PRE & POST REHAB

Led by certified aquatic personal trainers, this class is designed especially for members who are planning to or have undergone knee or hip replacements. Prepare your body or continue to improve your strength and mobility following discharge from a clinical physical therapy setting.

- Medical release required.
- Register at the Customer Service Desk.
- Members only.
- Sessions held at the Friars Road, Pratt Pool (90°)

Tuesday and Thursday

11:00 a.m. - 11:45 a.m.

4-week sessions:

Sessions begin the first Tuesday of each month

FEE PER SESSION:

Members ONLY.....\$64

Contact: Kari Lorraine Scott at 619-298-3576, ext. 4003

