



Pool Therapy Exercise Classes

Our **therapeutic 90 degree salt-water pool** offers a variety of classes that are designed to increase range of motion, flexibility, strength and endurance. Research shows that aqua therapy relieves stress on joints.

Our rehab Aqua fitness instructors will help you reach your goals.

Total Joint - PhysioFit

Gentle exercises designed specifically for those who are having or have had hip, knee or shoulder surgery and want to increase their mobility, strength and function.

Thursday: 3:15pm - 4:00pm

Oh My Aching Body - Gently AquaFit

Gentle movements geared towards those who suffer from Arthritis, Fibromyalgia, Osteoporosis, Parkinson's & Chronic Pain, that are looking to increase their range of motion, muscular strength & joint lubrication in a safe environment.

Tuesday: 10:15am - 11:00am

Thursday: 2:15pm - 3:00pm

Aqua Yoga - Tai Chi

A gentle and very low impact aerobic activity. A combination of Yoga, Tai Chi and Pilates movements that are adapted to water while focusing on increasing flexibility and core strength.

Tuesday: 9:15am - 10:00am

Thursday: 4:15pm - 5:00pm

AquaFusion

An all body workout including cardiovascular/muscular strength and endurance training.

Tuesday: 3:30pm - 4:15pm

BodyBlast

Muscle specific exercises focusing on toning, strength and endurance.

Tuesday: 4:30pm - 5:15pm

For this service to be covered under your benefit plan, an assessment needs to be done by one of our physiotherapists.

Oakville Trafalgar Memorial Hospital
3001 Hospital Gate, Oakville, ON

For More Information, Please Call:

905.845.9540



Work-Fit
Physiotherapy



Reduced Parking Packages Available.

www.WorkfitPhysiotherapy.ca

Pricing Promo:

Single Classes \$10

10 Pack \$90

3 Months \$199
(Unlimited)