

NATIONAL

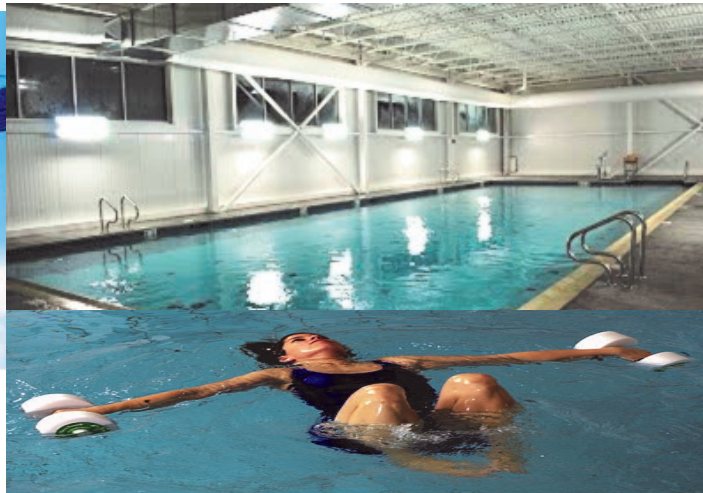


Physical
Therapy

Just \$179
For 12
Sessions*

MED-FIT AQUATICS

The Exercise Solution for Arthritis !



Med-Fit Aquatics is a group-based exercise program for conditions that require special attention. Exercises are performed in a warm salt water pool with a shallow end (3.6 ft) and a deep end (5 ft), including a staircase with handrails for easy access. Class is instructed by a licensed physical therapist. Exercises will be modified to your ability while using water for resistance exercises and buoyancy to decrease joint compression. Weights and noodles will be used to progress resistance levels as you gain strength and ability. Clearance from your PCP is recommended.

*****Your Health Insurance may cover Aquatic Therapy***Gym members special pricing*****

This class is excellent for PREHAB of your upcoming Joint Replacement surgery.

\$179 for 12 one-hour sessions (6 weeks) held twice per week: Mondays, 11am Wednesdays, 11 am



781 767 5200

24/7 Family Fitness • 333 Tosca Drive • Stoughton