

**Water Works Total Rehab 999 Trail Terrace Drive Naples, FL 34103  
239.649.2222**

Water Works Total Rehab offers Transitional Fitness programs and Daily Aquatic Wellness Classes for continuing your progress towards better health.

*The following services are self-pay and non-billable to Medicare or insurance.*

**Transitional Fitness: providing a smooth transition from rehab to fitness.**

Transitional Fitness is for individuals who have been discharged from physical therapy programs but require and desire additional skilled intervention to achieve and maintain long-term functional goals. One on one aquatic and land-based transitional fitness sessions are available to patients at Water Works as the next step on the road to wellness.

Appointments are necessary for Transitional Fitness and are available by the hour or half-hour.

Session with Physical Therapist:  
\$140.00 per hour / \$70.00 per half-hour

Session with Physical Therapist Assistant or Massage Therapist:  
\$70.00 per hour / \$35.00 per half-hour

**DAILY AQUATIC CLASSES**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
AQUA MOTION OR INDEPENDENT 11:45 – 12:45 PM	AQUA MOTION OR INDEPENDENT 11:45 – 12:45 PM	AQUA MOTION OR INDEPENDENT 11:45 – 12:45 PM	AQUA MOTION OR INDEPENDENT 11:45 – 12:45 PM	AQUA MOTION OR INDEPENDENT 11:45 – 12:45 PM
	AQUA MOTION 3:00 – 4:00 PM Seasonal		AQUA MOTION 3:00 – 4:00 PM Seasonal	

Class instruction by Debra (subject to change without notice)

Cost is \$8.00 per class  
Punch card for (6) sessions is \$48.00  
Punch card for (12) sessions is \$80.00

Please note the late afternoon Aqua Motion class size is limited so you must sign up in advance in order to attend. It is offered only seasonally. Contact our front office for more information.