



*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 a physical therapy program 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.

### **Transitional Fitness**

*Appointments are necessary for Transitional Fitness*

Session with Physical Therapist:

\$140.00 per hour / \$70.00 per half-hour

Session with Physical Therapist Assistant or Massage Therapist:

\$80.00 per hour / \$40.00 per half-hour

### **Massage Therapy**

*Appointments are necessary for Massage Therapy*

\$90.00 per hour/ \$50.00 per half- hour

## DAILY AQUATIC CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
AQUA MOTION OR INDEPENDEN T 11:45 – 12:45	AQUA MOTION OR INDEPENDEN T 11:45 – 12:45	AQUA MOTION OR INDEPENDEN T 11:45 – 12:45	AQUA MOTION OR INDEPENDEN T 11:45 – 12:45	AQUA MOTION OR INDEPENDEN T 11:45 – 12:45
Aquatic <b>STEP IT UP!</b> <b>5:00 – 6:00 PM</b> <b>\$10.00</b>	AQUA MOTION 3:00 – 4:00PM Seasonal	Aquatic <b>STEP IT UP!</b> <b>5:00 – 6:00PM</b> <b>\$10.00</b>	AQUA MOTION 3:00 – 4:00PM Seasonal	

Class instruction by Debra (subject to change without notice)

**Aqua Motion** 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.

**Aquatic Step It Up!** is a high intensity aquatic step aerobics class. The class is designed to give you a cardio workout by performing various step exercises combined with upper body movements to increase strength, cardiovascular endurance, coordination, and balance. \$10.00 per class