

Aquatic therapy classes Offered at



Please call
(805) 928-8257
for enrollment information

CLASSES TAUGHT BY CERTIFIED INSTRUCTORS



"Our 10 ft. X 20ft., 92 degree heated therapy pool"

Rheumatoid & Osteoarthritis
Arthritis is debilitating. We can design a program of both land - and aquatic-based exercises for each affected joint that may be troubling you. Through our programs - and a home program that we can create for you - you can restore motion, reduce pain, and improve function of bothersome joints.

CLASS SCHEDULE

MONDAY

7 AM, 8 AM, 12 NOON, 1 PM, 4 PM

TUESDAY

8 AM, 12 NOON, 1 PM, 4 PM

WEDNESDAY

7 AM, 8 AM, 12 NOON, 1 PM, 4 PM

THURSDAY

8 AM, 12 NOON, 1 PM, 4 PM

\$35 for 2 days/week