

Rehabilitation Services of The Bellevue Hospital

Aquatic Therapy Pool

Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 a.m.-9:00 a.m. INDEPENDENT AQUATIC EXERCISE	8:30 a.m.- 9:30 a.m. BEGINNER WATER FITNESS CLASS	8:00 a.m.-9:00 a.m. INDEPENDENT AQUATIC EXERCISE	8:30 a.m.- 9:30 a.m. BEGINNER WATER FITNESS CLASS	8:00 a.m. - 9:00 a.m. INDEPENDENT AQUATIC EXERCISE
11:30 a.m.- 12:30 p.m. INTERMEDIATE WATER FITNESS CLASS	11:30 a.m.- 12:30 p.m. & 1:00 p.m. - 2:00 p.m. INDEPENDENT AQUATIC EXERCISE	11:30 a.m.- 12:30 p.m. INTERMEDIATE WATER FITNESS CLASS	11:30 a.m.- 12:30 p.m. & 1:00 p.m. - 2:00 p.m. INDEPENDENT AQUATIC EXERCISE	

Independent Aquatic Exercise

Work at Your Own Pace, Self-Directed Exercise
Program. Supervision Provided. No Instruction.

\$5/Visit or \$30/Month

*\$3/visit or \$20/Month

Beginner Water Fitness

Introductory, Low Intensity Instructor Led
Warm Water Exercise Class

\$7/Visit, \$12 /Week or \$40/Month

*\$5/visit, \$10/week or \$30/month

Intermediate Water Fitness

Moderate Intensity Instructor Led
Warm Water Exercise Class

\$7/Visit, \$12/Week or \$40/Month

*\$5/visit, \$10/week or \$30/month

Sign Up with the Secretary in Rehabilitation Services. Cash and Check Accepted.

***Discounts Provided For Anytime Fitness Members.**



Rehabilitation Services of The Bellevue Hospital

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