

Rehabilitation Services of The Bellevue Hospital

Aquatic Therapy Pool

Independent Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 8:45 a.m. 11:00 a.m. – 11:45 a.m.	8:00 – 8:45 a.m. 11:00 a.m. – 11:45 a.m.	8:00 – 8:45 a.m. 11:00 a.m. – 11:45 a.m.	8:00 – 8:45 a.m. 11:00 a.m. – 11:45 a.m.	8:00 – 8:45 a.m.

Your Safety Is Our Top Priority

- Please arrive dressed in swimsuit
- Participants may not leave anything in the locker room.
- Please bring your own towel
- Face masks are required while in the building prior to entering the pool
- Work at Your Own Pace
- Self-Directed Exercise Program
- Supervision Provided. No Instruction.

We Will Not Be Offering Additional Fitness Classes at This Time.

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

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

\$5/visit or \$30/month

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



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