



# Woman's Therapy

## Medical Exercise

The Medical Exercise Programs offered by Woman's Therapy Services are specialized exercise programs based on individual medical needs and fitness level. All programs are coordinated by an American College of Sports Medicine certified clinical exercise physiologist and/or a licensed physical therapy assistant with expertise and certification in exercise and wellness.

### Forward Motion

This unique program is a safe and effective bridge between physical therapy and independent exercise. Forward Motion is held in a small group setting and is ideal for those recently discharged from physical therapy or who are new to exercise and need a little extra guidance.

- Two to three 45-minute sessions each week
- Staff-to-client ratio (1:6 pool, 1:2 gym) provides quality, safe and individualized instruction
- Pool sessions are in a 92 degree warm water pool
- Gym sessions are in a small gym setting

### Medical Exercise Class

This program is for those who need medically trained specialists to provide supervised exercise and training. The class is offered in a small group setting on our fitness club floor.

- Two to three 1-hour classes each week
- Staff-to-client ratio (1:4) provides quality and safe instruction

### Medical Personal Training

This program is for those who have changes in their medical history and are hesitant to exercise, either independently or in a group setting.

- One-on-one training sessions
- Gym or pool sessions offered
- Packages offered

*Your doctor's medical clearance may be required for the three programs listed above.*