

765 E. HOLLAND SPOKANE, WA 99218

# SEPTEMBER

## NORTH INDEPENDENT SCHEDULE

NOW OFFERING YOGA CLASSES & INDEPENDENT GYM



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>POOL</b> 7AM-8AM  2PM-3PM  5PM-6PM	TIMES OFFERED AT OUR <b>SOUTH</b> CLINIC  (ASK FOR SCHEDULE IF INTERESTED)	<b>POOL</b>  9AM-12PM	<b>POOL</b> 7AM-8AM  2PM-3PM  5PM-6PM	TIMES OFFERED AT OUR <b>SOUTH</b> CLINIC  (ASK FOR SCHEDULE IF INTERESTED)
<b>GYM / YOGA</b> 3-4PM 4-5PM			<b>GYM / YOGA</b> 3-4PM 4-5PM	

### POOL

Washington Outpatient Rehab is happy to finally offer an Independent Pool Program for our patients. What better way to maintain (or even improve) your current level of function than to use our warm pool to practice your exercises in? Please take advantage of this rare opportunity by paying \$5 cash (exact change please) which will get you 1 hour in our pool. No appointment necessary. There is not an instructor available but there is someone on site to answer any questions/ assist with equipment. **THIS IS COMPLETELY SEPARATE FROM YOUR INSURANCE. WE DO NOT BILL INSURANCE FOR THIS OPPORTUNITY.** Please speak to your therapist or the front desk today to learn more or call our office (509)242-6002. **For previous & current patients only.**

### GYM/Yoga

Want to work on your exercises but don't have the proper equipment at home to do so? WOR is excited to announce expansion of our independent programs by finally offering a gym option. But that's not all; we are also offering Yoga classes that will be taught by our employee, Nicholas Lenoue who is also a certified yoga instructor. Since this is the first month that we will be offering these services, be sure to check the times next month as they may have changed based on patient's needs.

At this time, **ALL THREE PROGRAMS ARE \$5 PER HOUR.** No sign up necessary, just show up!