



# COURAGE KENNY REHABILITATION INSTITUTE AQUATICS & FITNESS 2025 PROGRAM OUTCOMES

**3,549** 

## Participants

3,549 people participated in classes and Learn to Swim programs.

**89,449** 

## Interactions

Over 89,000 check-ins from participants in community classes, one to one programs and individual therapeutic exercise.

**384** 

## Classes

384 classes offered across Golden Valley & Stillwater campuses.



We asked our participants how being a part of our programs impacted them and this is what they had to say.



Progress Towards My Goals



Improve Quality of Life



Recommend to Others



Improved Ability to Carry Out Activities



## NEW ADDITIONS

Thanks to generous donors, we were able to expand our programs and offerings in 2025. Here are some examples:

- Completion and opening of new Fitness Center at Golden Valley Campus
- Transition Rise to Parkinson's community classes
- New Trainings for staff
- Added New Programming:
  - Two Post-Stroke Classes: post implant/therapy and general health and wellness
  - Fitness Fusion
  - Aquatic Mindful Movement
  - Cardio Drumming in Stillwater



## WHO WE ARE

**Mission:** We are committed to being an ally in each individual's wellness journey by fostering a supportive inclusive environment.

**Vision:** Through innovative programs and inclusive practices, we ensure access to preventative and specialized support that meets people where they are. As fitness professionals, we empower our community with expert, holistic care tailored to what matters most to them-nurturing both mind and body for lifelong health.





## WHAT SETS US APART

Our classes include the ability to be adaptive based on individual needs.

### State of the Art Facilities

- Lokomat
- EKSO Skeleton
- FES
- Xcite
- Therapeutic Pool (92 Degrees)
- Various outcome measurement technology

### Specialized Programming

- Arthritis
- Fibromyalgia
- Parkinson's
- Stroke



## PROGRAMS WE OFFER

- Ai Chi Relaxation
- Aqua Barre
- Aqua Core
- Aquatic Mindful Movement
- Arthritis Exercise
- Deep Water Training
- Fibro-cize
- NeuroSplash
- Prenatal Splash
- Rhythm & Waves
- Water Aerobics
- Water Yoga
- Whole Body Conditioning

- Adaptive Spin
- Beyond Balance
- Cardio Drumming
- Fitness Fusion
- Functional Strength and Balance
- Learn to Swim Lessons
- Post-Implant/Post-Therapy VNS
- Post-Stroke General Health & Wellness
- Resistance Stretching
- R.I.S.E. for Parkinson's
- Stay Fit
- Stretch & Flow
- Team Fitness Club





## INVESTING IN OUR PEOPLE

Our staff is committed to their clients and we are committed to our staff.

- **Staff Research**
  - Allina Health Process Improvement Symposium
  - Plan-Do-Study-Act "All Together" Symposium
- **Professional Development & Training**
  - Hosted a NeuroRecovery Network guided exercise summit
  - Rita Kaplan lecture 'Healthy Living for a Lifetime' - Practical Strategies for Fall, Fracture, and Sarcopenia Prevention
  - Ki Hara Training
  - Annual Department Summit

## WHAT CLIENTS ARE SAYING

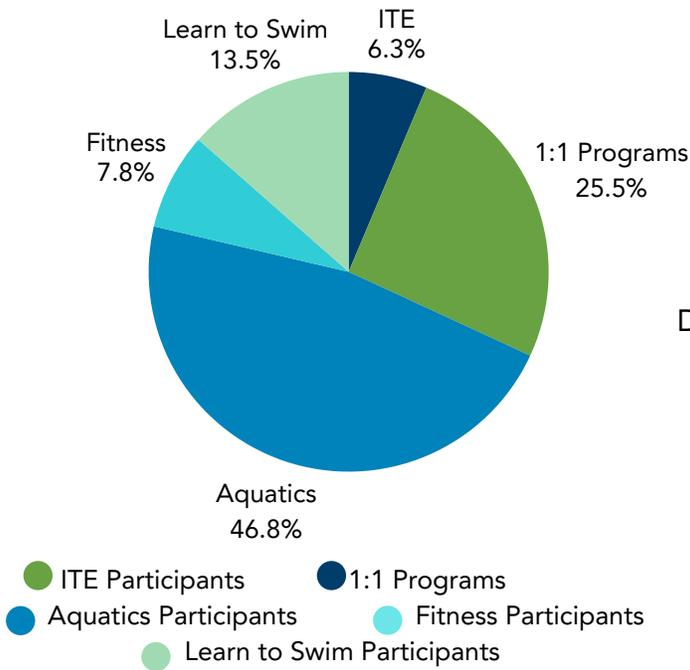
- *"I have made so much progress since I've started StayFit and pool fitness."*
- *"Courage Kenny will always be a place where people find strength, purpose, and hope."*
- *"It's become a place where I feel supported, challenged, and understood."*
- *"I've always loved how supportive and welcoming everyone has been for me over all the years."*
- *"The staff never makes you feel like you can't do something."*
- *"It was the people and the social aspect that motivated me to keep coming back, keep working hard, and keep moving."*
- *"It takes a village, and I feel everyone's support when I'm in the building."*
- *"What you have done for me will never be lost — you have fed my hope and given me a better semblance of a life I once only dreamt of."*
- *"The fitness staff, everyone is so friendly and helpful"*



# WHO WE SERVE

Our aquatics and fitness classes are designed to meet people where they are, with some classes including the ability to be adapted based on individual needs.

## Programs at a Glance



## Diagnosis of Participants

