AQUATICS, FITNESS & WELLNESS SCHEDULE

2022 Session Dates

Winter	January 3rd - March 12th	(Registration begins Dec. 6th)
Spring	March 14th - May 21st	(Registration begins Feb. 28th)
Summer I	May 23rd - July 30th	(Registration begins May 9th)
Summer II	August 1st - October 8th	(Registration begins July 18th)
Fall	October 10th – Dec. 16th	(Registration begins Sept. 26th)

Healthcare provider partnership discounts for Silver Sneakers, Silver and Fit, Renew Active, One Pass, HealthPartners, Blue Cross and Blue Shield, PreferredOne and UCare for Seniors.

Online registration is available at Allina Health.org CK Active website https://www.allinahealth.org/courage-kenny-rehabilitation-institute/programs-and-services/ck-active/

Or through the CK Active app available in Google Play or iTunes.

Sign up for the Aquatic/Fitness/ABLE Newsletter or notification of pool closures using the Remind system. Please see front desk staff for details.

INDEPENDENT THERAPUTIC EXERCISE (ITE) AQUATICS & FITNESS SCHEDULE

STILLWATER CAMPUS

Assessment/Orientation

This is required for all new pool and fitness participants and are only available by appointment**.**

Pool Assessment Cost: $47 **Contact:** Front Desk 651-241-3820

Fitness Assessment Cost: $79 **Contact:** Fitness staff 651-241-3343

Days/Times: By appointment

POOL INDEPENDENT THERAPEUTIC EXERCISE (ITE)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	7 - 9 am 11 am - Noon	7 - 9 am	7 - 9 am 11 am - Noon	7 - 9 am	7 - 9 am	10 am - Noon
Afternoon & Evening	2 - 6 pm	1 - 5 pm 7 - 8:30 pm	2 - 6 pm	2 - 5 pm 7 - 8:30 pm	1 - 5:30 pm	

A lap lane is available during all ITE hours listed above. An additional lap swim hour is Thursday from 1 – 2 pm
Note that Monday through Friday 7 – 7:30 am there are three lap lanes in and the deep end is only available for lap swimmers.
Lap swimmers must be able to swim the length of the pool independently and continuously (25 yards).

FITNESS INDEPENDENT CENTER HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am – 5 pm	8 am – 5 pm	7 am – 5 pm	8 am – 5pm	7 am – 3:30 pm	9 am – Noon

**ITE and independent fitness center times are for individuals who have received an assessment and orientation. All clients must obtain a pass from the front desk prior to use and check in every visit.*

Pool and Fitness Passes

$75 for a 10-visit pass (expires six months from the date of purchase, and pass can only be used during ITE hours)
$135 for a three-month pass (unlimited use during ITE hours)
$53 for a one-month pass (unlimited use during ITE hours)

Once you received a referral from Physical/Occupational Therapy, or had an Assessment with the Fitness and Aquatics department, no appointment is necessary to use the pool or fitness center during independent exercise times. Passes are non-refundable, non-transferrable, and cannot be pro-rated or extended. Members may receive an extension or credit if they are unable to use the facilities for 2 consecutive weeks or more due to a medical reason with the production of a letter from their doctor stating the reason and dates.

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INDEPENDENT THERAPUTIC EXERCISE (ITE) AQUATICS & FITNESS SCHEDULE

GOLDEN VALLEY CAMPUS

Assessment/Orientation

This is required for all new pool and fitness participants and are only available by appointment.

Pool Assessment Cost: $47 **Contact:** Fitness Center 612-775-2713

Fitness Assessment Cost: $79 **Contact:** Fitness Center 612-775-2713

POOL HOURS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	7:30 – 9 am	7:30 – 9 am 11 am – Noon	7:30 – 9 am	7:30 – 9 am 11 am – 1 pm	7:30 – 9 am	7:30 – 9 am 11 am – 12:30 pm
Afternoon & Evening	2 – 4 pm	2 – 4 pm 5 – 7 pm	2 – 5 pm	2 – 4 pm 5 – 7 pm	2 – 4 pm	

LAP SWIM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 – 8:15 am 3:30 – 4 pm	7:30 – 8:15 am 3 – 4 pm	7:30 – 8:15 am 3:30 – 5 pm	7:30 – 8:15 am 12:15 – 1:00 pm 3 – 4 pm	7:30 – 8:15 am 3 – 4 pm	7:30 – 8:15 am Noon – 12:30 pm

Lap swimmers must be able to swim the length of the pool continuously (25 yards) and independently. The lap lane is first come first served during designated hours, and use is limited to 30 minutes if other members are waiting to use the lane.

FITNESS CENTER HOURS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am – 5 pm	7 am – 5pm	7 am- 5 pm	7 am – 5 pm	7 am – 4 pm	9 am – Noon

**ITE and independent fitness center times are for individuals who have completed an assessment and orientation. All clients must obtain a pass from the front desk prior to use and check in every visit.*

Pool and Fitness Passes

$75 for a 10-visit pass (expires six months from the date of purchase, and pass can only be used during ITE hours)
$135 for a three-month pass (unlimited use during ITE hours)
$53 for a one-month pass (unlimited use during ITE hours)

Once you received a referral from Physical/Occupational Therapy, or had an Assessment with the Fitness and Aquatics department, no appointment is necessary to use the pool or fitness center during independent exercise times. Passes are non-refundable, non-transferrable, and cannot be pro-rated or extended. Members may receive an extension or credit if they are unable to use the facilities for 2 consecutive weeks or more due to a medical reason with the production of a letter from their physician stating the reason and dates.

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One-to-One Aquatic Programs

Golden Valley and Stillwater

Adapted Swim Lessons

A supervised, directed swimming program. Work on swimming skills such as front/back float or crawl, breaststroke, blowing bubbles, putting your face in the water, etc. Stroke refinement, sensory integration, water adjustment and safety skills are also covered.
Cost: $200 for a 10-week session (30 minutes - once / week)
Days/times: By appointment
Golden Valley contact:
Alyssa.swedberg@allina.com, 612-775-2713
Stillwater contact:
Paula.simpson@allina.com, 651-241-3340

Aquatic Bodywork

Explore forms of supported movement in our warm-water pool. Experience stretch, massage and relaxation for your mind and body, aided by trained aquatic specialists. Integrates the best in therapy and mind-body principles, such as breath control. May consist of Watsu, Adaptive Watsu, Aquatic Integration, Bad Ragaz, Shiatsu, myofascial release, etc.
Cost: $42 for 30 minutes, $53 for 45 minutes, or $63 for 60 minutes.
Days/times: By appointment
Golden Valley contact:
Nicole.freeman@allina.com, 612-775-2850
Stillwater contact:
Taylor.Mclean@allina.com, 651-241-3345

Personal Training

A one-to-one consultation with an aquatic recreational specialist that will plan a customized exercise program to match your aquatic activity needs and goals.
Cost: $47 for 30 minutes, $79 for 60 minutes or $137 for 2-60 minute sessions
Days/times: By appointment
Golden Valley contact:
Alyssa.swedberg@allina.com, 612-775-2713
Stillwater contact:
Hollyann.gigure@allina.com, 651-241-3335

Stay Fit

A supervised/directed exercise-based program. Work on balance, stretching, range of motion, strengthening, coordination, cardio/endurance and water adjustment skills.
Cost: $230 for a 10-week session (30 minutes - once/week)
$460 for a 10-week session (60 minutes - once/week)
Days/times: By appointment
Golden Valley contact:
Alyssa.swedberg@allina.com, 612-775-2713
Stillwater contact:
Paula.simpson@allina.com, 651-241-3340

Stay Fit Max

A directed exercise program-utilizing specialty trained staff or two Fitness Specialists. Designed for people who would like more sensory cueing (hands on) while challenging their body to the max.
Cost: $840 for a 10-week session (60 minutes- once/week)
Days/times: By appointment
Golden Valley contact:
Alyssa.swedberg@allina.com, 612-775-2713
Stillwater contact:
Hollyann.gigure@allina.com, 651-241-3335

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Group Aquatic Classes

Golden Valley and Stillwater

Adaptive Swim Club

Work on stroke development, endurance, teamwork as well as socialize with your friends.
Cost: $95 for a 10-week session, 1 day/week
Stillwater contact:
Taylor.Mclean@allina.com, 651-241-3345
Days/times: TBD

Ai Chi Relaxation

A relaxation progression with sequenced moves using deep breathing and slow, flowing body movements. Similar to Tai Chi, but performed in shoulder-depth warm water. Open to people of all abilities.
Cost: $65 for a 10-week session, 1 day/week.
Stillwater contact:
Hollyann.gigure@allina.com, 651-241-3335
Days/times: Tues & Fri, 12-12:45 pm

Aqua Core

A challenging yet fun aquatic class that will focus on strengthening your stomach, back and shoulder muscles that all make up your Core. Using flotation devices, ankle weights and warm water, we will develop the entirety of your core.
Cost: $58 for a 10-week session 1 day/week
Golden Valley contact:
Kris.nordstrom@allina.com, 612-775-7222
Days/times: Mon, Tues & Fri, 1-2 pm

Arthritis Exercise

For people with arthritis who want a more challenging exercise. Walking, warm-ups, strengthening, range of motion of all major joints and low-impact cardio exercise. Participants must be independent in the water.
Cost: $116 for a 10-week session, 2 days/week or
$58 for a 10-week session 1 day/week
Golden Valley contact:
Nicole.freeman@allina.com, 612-775-2850
Days/times: Mon & Wed, 9-10 am
Stillwater contact:
Paula.simpson@allina.com, 651-241-3340
Days/times: Mon & Wed 9-10 am or Noon-1:00 pm;
Tues & Thur, 9-10 am

Deep Water Training

For those who are looking for something new and challenging, this class provides a non-impact environment for exercise, reducing the risk of injury and discomfort. Participants use flotation devices.
Cost: $58 for a 10-week session, 1 day/week
Golden Valley contact:
Nicole.freeman@allina.com, 612-775-2850
Days/times: Fri, 9-10 am

Fibro-cize

A self-paced stretching, strengthening, endurance training and relaxation for people with fibromyalgia.
Cost: $116 for a 10-week session, 2 days/week or
$58 for a 10-week session 1 day/week
Golden Valley contact:
Victoria.syslo@allina.com, 612-775-2719
Days/times: Mon, Wed, & Fri, Noon-1 pm
Stillwater contact:
Hollyann.gigure@allina.com, 651-241-3335
Days/times: Tues & Fri, 11 am-Noon*

Neuro Splash

Designed for people who have had a stroke or who are recovering from a variety of neurological health conditions. Focus is on range of motion, seated balance, standing, walking, balance and core strengthen.
Cost: $116 for a 10-week session 2 days/week or
$58 for a 10-week session 1 day/week
Golden Valley contact:
Alyssa.swedberg@allina.com, 612-775-2713
Days/times: Tues & Fri, 10-11 am
Stillwater contact:
Sara.wiberg@allina.com , 651-241-3334
Mon & Wed, 10-11 am

***Class availability is subject to change from session to session.**

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Water Yoga
Increase strength, flexibility, balance and the ability to focus inward through the active practice of postures. Discover a deeper connection between mind and body.
Cost: $68 for a 10-week session 1 day/week or
$136 for a 10-week session, 2 days/week
Golden Valley contact:
Victoria.syslo@allina.com, 612-775-2719
Days/times: Tues 6:30 am or Tues & Thur, 4-4:45 pm
Stillwater contact:
Jared.lindner@allina.com, 651-241-3346
Days/times: TBD

Prenatal Splash
For swimmers of all abilities at any stage of pregnancy. Includes warm-up, stretching, strengthening, aerobic conditioning and cool down.
Cost: $58 for a 10-week session 1 day/week
Golden Valley contact:
Emily.amundsen@allina.com , 612-775-2715
Days/times: Mon, 6-7 pm
Stillwater contact:
Sara.wiberg@allina.com , 651-241-3334
Days/times: Tues & Thur, 5-6 pm

Water Aerobics
Join us for challenging workout in our warm water pool. Class includes warm-up, strengthening, cardiovascular endurance and cool-down.
Cost: $116 for a 10-week session, 2 days/week or
$58 for a 10-week session 1 day/week
Golden Valley contact:
Victoria.syslo@allina.com, 612-775-2719
Days/times: Mon & Wed, 6:30-7:30 am
Stillwater contact:
Anna.koenecke@allina.com, 651-241-3343
Days/times: Tues & Thur, 5-6 pm or Sat, 9-10 am

Whole Body Conditioning
A water exercise program designed to increase flexibility, range-of-motion, cardio endurance, core strengthening and overall physical condition.
Cost: $116 for a 10-week session, 2 days/week
Golden Valley contact:
Emily.amundsen@allina.com , 612-775-2715
Days/times: Mon & Wed, 11 am-12 pm or 6-7 pm
Stillwater contact:
Sara.wiberg@allina.com , 651-241-3334
Days/times: Tues & Thur, 10-11 am

Water Activities
Focus is on water adjustment, basic swimming skills, water games and having fun in the pool. This program is for clients with disabilities.
Cost: $95 for a 10-week session
Stillwater adult and youth contact:
Anna.koenecke@allina.com, 651-241-3343
Days/times: TBD
Golden Valley contact:
Alyssa.swedberg@allina.com, 612-775-2713
Days/times: Mon 7 pm – 7:45 pm and Wed 7:00-7:45 pm

Aqua Barre
Learn how ballet-inspired movements and gentle resistance can strengthen arms, legs and especially core. Experience isometric movements that will tone every muscle in the body. Explore long lever movements to lengthen, strengthen and improve your range of motion.
Cost: $116 for a 10-week session 2 days/week
Golden Valley contact:
Kris.nordstrom@allina.com, 612-775-7222
Days/times: Tues & Thur, 9-10 am

Advanced Whole Body Conditioning
An advanced water exercise program designed to increase flexibility, range-of-motion, cardio endurance, core strengthening and overall physical condition.
Cost: $116 for a 10-week session 2 days/week or
$58 for 1 day/week
Days/times: Mon & Wed, 1-2 pm or Fri 9-10 am
Stillwater contact:
Anna.koenecke@allina.com, 651-241-3343

***Class availability is subject to change from session to session.**

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Learn to Swim

Golden Valley and Stillwater

Golden Valley Contact:
Alyssa.swedberg@allina.com, 612-775-2713

Stillwater Contact:
Sara.wiberg@allina.com, 651-241-3334

Waterbabies

For Infants ages 6-36 months and their parents
Open to infants with their parents/guardians, regardless of ability. Parents/guardians get in the water and work with their infants on water play, water safety, songs and various water activities.
Cost: $115 for a 10-week session
Location: Golden Valley, Stillwater

Water Tots

This parent child class is designed for those who are not quite ready to be independent in Level 1. Parents/guardians assist children with swim skills such as floating, kicking, blowing bubbles and increasing their comfort in water.
Cost: $115 for a 10-week session
Location: Golden Valley, Stillwater

Level 1: Water Exploration

This is the first class where children are in the pool without a parent. The class focuses on water exploration and beginning skills including floating, kicking, submerging and breath control. Child must be 3 years old as well as be safe and comfortable with other children and an instructor in a class setting.
Cost: $115 for a 10-week session
Location: Golden Valley, Stillwater

Level 2: Fundamental Aquatic Skills

For children who have passed out of level 1 and can swim independently 10 feet on front and back. This class focuses on improving independent swimming and teaches skills such front crawl, backstroke and flip breathing.
Cost: $115 for a 10-week session
Location: Golden Valley, Stillwater

Level 3: Stroke Development

Focuses on stroke development, front and back crawl, elementary back stroke with whip kick
Cost: $115 for a 10-week session
Location: Golden Valley, Stillwater

Level 4: Stroke Improvement

Focuses on stroke development, endurance, front crawl with rhythmic breathing, back crawl, elementary backstroke with whip kick and breast stroke.
Cost: $115 for 10-week session
Location: Golden Valley, Stillwater

Level 5: Stroke Refinement

Focuses on stroke development, endurance, front/back crawl, elementary backstroke, breaststroke, and butterfly.
Cost: $115 for 10-week session
Location: Stillwater

Swim Team

For youth with or without disabilities. Must be a Level 5 swimmer or above. Focus on technique, endurance and beginner swim team skills. Includes team building and water games.
Cost: $158 for 10-week session
Location: Stillwater
Jared.lindner@allina.com, 651-241-3346

Private Swim Lessons

Cost: $250 for a 10-week session; private small group, $180 for a 10-week session, 30 minutes once/week.
Stillwater contact:
Paula.simpson@allina.com , 651-241-3340
Days/times: By appointment
Golden Valley contact:
Alyssa.swedberg@allina.com, 612-775-2713
Days/times: By appointment

Family Swim – POSTPONED UNTIL FURTHER NOTICE

A time for clients, community members and families to exercise and have fun in our warm-water pool.
Cost: $8 per visit (children 2 and under free) 10-visit, one and three month pass can be used for Family Swim.
Golden Valley contact: Aquatics & Fitness 612-775-2306
Days/times: Sat, 12:15-1:30 pm
Stillwater Contact: Front Desk 651-241-3820
Days/times: Sat, 12:15-1:30 pm

***Class availability is subject to change from session to session.**

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One-to-One Fitness Programs

Golden Valley and Stillwater

Golden Valley Contact:
Alyssa.swedberg@allina.com, 612-775-2713

Stillwater Contact:
Hollyann.gigure@allina.com, 651-241-3335

All One-to-One Fitness Programs are by appointment only and offered at both locations unless otherwise noted. One-to-One Fitness Program policies are on the next page.

Stay Fit

A supervised/directed exercise-based program. Work on balance, stretching, range of motion, strengthening, coordination, and cardio/endurance.
Cost: $230 for a 10-week session (30 minutes - once/week)
$460 for a 10-week session (60 minutes - once/week)

Stay Fit Max

A directed exercise program utilizing specialty trained staff or two Fitness Specialists. Designed for people who would like more sensory cueing (hands on) while challenging their body to the max.
Cost: $840 for a 10-week session (60 minutes- one/week)

Lokomat

This robot-assisted treadmill supports you in an upright position while you move your legs through a normal walking pattern. The Lokomat is most effective for patients with neurological concerns such as spinal cord injury, post-stroke, cerebral palsy, or a traumatic brain injury. Participants must have completed a physical therapy assessment and Lokomat training prior to a lokomat fitness program.
Cost: $683 for a 10-week session (60 minutes - once/week)

Stay Fit FES Bike

For those people whose fitness routine includes use of a Functional Electrical Stimulation (FES) bike
Cost: $525 for a 10-week session (60 minutes – once / week).

Stay Fit Xcite

For those people whose fitness routine includes use of Xcite Functional Electrical Stimulation (FES) during exercise.
Cost: $630 for a 10-week session (60 minutes – once / week).

Personal Training

A one-to-one consultation with a fitness professional to plan a customized exercise program to match your fitness needs and goals.
Cost: $47 for 30 minutes; $79 for 60 minutes; $137 for (2) 60 minutes

Stretching Your Limits

Stretching is an important part of your exercise routine. Increases blood flow, range of motion and flexibility. Decreases pain and stress. Enhance your exercise routine with staff assisted stretching.
Cost: $16 for 15 minutes or $25 for 30 minutes.

Resistance Stretching: technique based upon creating constant strength while moving through entire range of motion. Increases blood flow, range of motion, flexibility, strength, function and performance. Decreases pain, stress and injury risks.
Cost: $37 for 1-30 minutes or $315 for a 10-week session (30 minutes one/week)

Beyond Balance (Focusing on Fall Prevention)

This individualized, one-to-one exercise program focuses on fall prevention. Individuals will work on balance, general health and wellness. Benefits include increased strength, flexibility, endurance, confidence and muscle balance. An initial assessment is required.
Cost: $42 for a 60-minute session; $23 for a 30-minute session.

Rollga

Rollga is a cross-directional foam roller designed to stabilize the hips, increase fascia mobility and can increase range-of-motion. The Rollga foam roller is ideal for muscle recovery, fascia health, and functional restoration of movement. A certified specialist that will apply the roller to your areas of concern and/or full body. This technique may increase your mobility and flexibility in the muscle tissues themselves and therefore improvements for your activities. In addition, rolling can have an effect on tension and decrease pain. Teaching you how to use this tool at home will also increase your benefits and lasting results.
Cost: $55 - 45-minute session
Available only at Golden Valley

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In-Person Group Fitness Programs

Golden Valley and Stillwater

Team Fitness Club

Join an energetic group of teens and young adults who work on their wellness goals during our exciting Team Fitness class! Stretch, lift weights and do aerobics on a variety of fitness equipment. First-time participants must schedule an initial assessment and orientation.

Cost: $116 for a 10-week session 2 days/week or $58 for 1 day/week

Golden Valley contact:
Kevin.alexander@allina.com, 612-775-2721

Days/times: Thur 5:15-6:00 pm

Stillwater contact:
dawn.burdette2@allina.com, 651 241-3375

Days/times: Tues & Thur, 5:00-6:00 pm

Adapted Yoga – Land Class

Increase strength, flexibility, balance and the ability to focus inward through the active practice of postures. Discover a deeper connection between mind and body, one that fosters a sense of wholeness and well-being

Cost: $110 for a 10-week session

Stillwater contact:
Sara.wiberg@allina.com, 651-241-3334

Days/times: Tues 9-10 am or 10:30-11:30 am, Weds 10:30-11:30 am, Thur 6-7 pm

Golden Valley contact:
Carrie.shogren@allina.com, 612-775-2297

Days/times: Mon 6 pm

Group Fitness, Class, and Learn to Swim Policies

- Participants must be enrolled in the class to attend.
- Drop-in class participation is not permitted.
- There are no make-ups allowed for a missed class.
- Class fees are not refundable for any reason, and cannot be transferred to another individual.
- Participants may receive a credit for missed sessions if they are unable to attend for at least 2 consecutive weeks in a row due to a medical reason. For this credit, the participant must produce a letter from their doctor stating the reason and dates they cannot attend the class.
- Class instructors reserve the right to dismiss a participant from a class if they are disruptive or are unsafe.
- If you or the instructor find a class is not working for you, you may transfer to another class if there is space available.

Adaptive Spin

A 60-minute cardio class where clients are challenged to keep pace using our adaptive cardiovascular equipment. While using machines in our remodeled fitness center the instructor will lead you on a stroll around the park, through the ups and downs of rolling hills or motivate you into climbing a giant mountain with the reward of being able to coast down the other side. Adaptive equipment includes grip assists, nu-steps, arm bikes, seated recumbent bikes and more! Come join us as we ride together in a fun, yet challenging cardio class.
This cardiovascular class will improve your health by increasing your heart and respiratory rate, increasing blood and oxygen flow throughout the entire body, increase strength and range of motion and improve flexibility. Clients ranging in all abilities are welcome. We have the right piece of cardio equipment for you!

Cost: $116 for a 10-week session 2 days/week or $58 for 1 day/week

Days/times: Mon & Wed 5:00-6:00 pm

Golden Valley contact:
Kevin.alexander@allina.com, 612-775-2721

Adaptive Massage Available at Golden Valley

Massage can release muscle tension, increase circulation and calm your nervous system. Options include chair or table massage; can be adapted for people in wheelchairs or those with special physical needs.

For more information, and to schedule your massage, contact Julie at 612-314-0025

One-to-One Program Policies

- One-to-One Fitness Program fees are due the first week of each session.
- There are no make-ups or reschedules allowed for any reason.
- Program fees are non-refundable and non-transferrable.
- Participants may receive a credit for missed sessions if they are unable to attend for at least 2 consecutive weeks in a row due to a medical reason. For this credit, the participant must produce a letter from their doctor stating the reason and dates.

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Virtual Group Fitness Programs

Move with me
This gentle exercise class includes warm ups, strengthening, balance work, stretching, and relaxation for people with arthritis, fibromyalgia, chronic pain, or other related conditions.
Contact: Hollyann.gigure@allina.com 651 241-3335
Days/Times: Thursdays 9:00-10:00
Cost: $55 for a 10-week session

Whole Body Conditioning
An advanced exercise program designed to increase flexibility, range-of-motion, cardio endurance, core strengthening and balance.
Contact: Hollyann.gigure@allina.com 651 241-3335
Days/Times: Mondays 1:00-2:00pm
Cost: $55 for a 10-week session

Adaptive Yoga:
Increase strength, flexibility, balance and the ability to focus inward through the active practice of postures. Discover a deeper connection between mind and body.
Contact:
Sara.cahanes@allina.com 651 241-3334
Days/Times: Wednesdays 10:30-11:30am
Cost: $75 for a 10-week session

The content of these live events is not intended to diagnose, treat, or cure any disease, nor is it a substitute for medical care. Please consult with your physician prior to beginning any form of exercise. If at any time you are noticing physical, mental or emotional discomfort associated with this practice, please discontinue and consult your physician.

Activity Based Locomotor Exercise (ABLE):

The ABLE Program is an intensive fitness program, based on the latest scientific evidence, designed to serve people with neurological conditions. The ABLE team will customize a program to meet your individual goals following a thorough functional and physiological assessment.

The ABLE Program is a complete fitness and wellness program that incorporates

- **Locomotor Training** with Overground activities,
- **Neuromuscular Electrical Stimulation (NMES**)
- **Guided Exercise** activities to encourage muscles and movement below the level of injury.

Physician approval required for participation.

Most ABLE Program participants experience improvements in health, fitness, strength and quality of life.

Contact:
ABLE@allina.com
612-775-2200

Go to allinahealth.org/able for application form

Courage Kenny Rehabilitation Institute takes a holistic, mind-body approach to rehabilitation and lifelong wellness.

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