

RYDERS

Spin - Barre

REHAB & RECOVER

Your recovery must come first so that everything you love does not have to come last.



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250.861.1011
648 Cook Rd (At Playa Del Sol)
FREE INDOOR PARKING

REHAB & RECOVER

This low impact program is designed for anyone who has completed their hip or knee rehabilitation and needs guidance and motivation to continue with safe exercise progression.

Work with a Certified Kinesiologist to

- increase and maintain joint range of motion
- increase muscle strength, flexibility, balance & posture
- gain confidence in returning to activities of daily living and recreational activities

8 Week Program
2 sessions per week for 45min
Limited Space ~ Class Sign Up Required

Client Name: _____

Information/Physical Limitations:

Stage: 1 2 3

Clinic & Physiotherapist Name:

Physiotherapist Signature