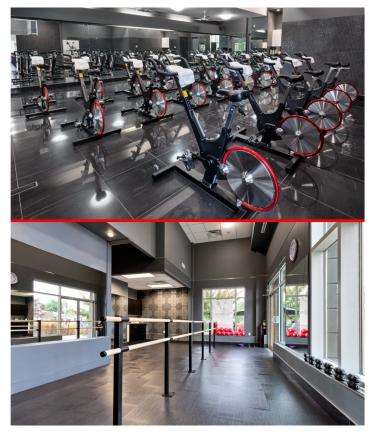
RYDERS Spin - Barre

REHAB & RECOVER

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



ryderspin.com

info@ryderspin.com 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 Na	me <u>:</u>			
Information	on/Phys	sical Lin	nitations:	
Stage:	1	2	3	
Clinic & F	hysioth	nerapist	Name:	

Physiotherapist Signature