

Therapeutic Pool Classes

Warm-water pool classes are a fun and effective way to exercise and stay fit. Because water makes your body lighter, exercises are easier to perform than on land. At the same time, water is a natural source of resistance that can strengthen your body without straining your joints.

Exercise in a Warm, Newly Remodeled Pool

The therapeutic pool at Regions Hospital has been remodeled with a welcoming, healing décor. There are lockers and dressing rooms for your convenience. The water temperature is a comfortable 93 degrees and the deepest part of the pool is 5½ feet deep, making classes an option even for those who can't swim.

Classes for Every Fitness Level

People at all levels of fitness and ability levels can benefit from water workouts. Our pool classes are specifically designed to help you:

- Boost overall fitness
- Gain flexibility and strength
- Lose weight
- Increase core strength
- Improve balance and mobility

CLASSES

We offer a variety of classes on Monday - Saturday of each week. Participants are encouraged to exercise at their own pace and fitness level. Our supportive staff will guide, encourage and cheer you on through each session.

Conditioning and Strength

Beginner to advanced level

Quick, repetitive movements improve your endurance and strength. The instructor will gradually increase the intensity of the class to help you reach your fitness or weight-loss goal faster. This class works for people at any fitness level, including pre- and postsurgical patients and those unable to exercise on land.



A complete list of classes is available at [regionshospital.com/rehabilitation](https://www.regionshospital.com/rehabilitation).

For information or to register for a class, call **651-254-4797**.

Strength, Movement and Core Stability

Beginner to moderate level

Burn calories while improving your muscle tone, movement and posture. This class is ideal for those who want to increase their fitness level through core strengthening, joint flexibility and pain relief. It's also a fit for those recovering from an injury, cancer or surgery.

Improved Balance

Beginner to moderate level

Surgery, medical conditions or age can affect your balance, putting you at risk for falls. This class will help you re-build the strength needed to improve your balance. The result is better all-around mobility and posture. Participants include anyone with a history or fear of falling, those with neurological disorders, and those recovering from surgery and cancer.

Independent Exercise Sessions and Open Pool

Independent Exercise Sessions are for people who have worked with a physical therapist but are ready to start practicing their programs independently during our Open Pool hours. Community members with exercise programs are also welcome but we request that you call in advance to discuss the details of your program. To check the hours for Open Pool, please call **651-254-4797**.

What to bring

- Towel
- Swim suit or shorts and dark tee shirt

Most importantly, bring your questions, excitement and energy!

Location of the pool

Our pool is located at Regions Hospital on the first floor. Park in the West parking ramp and take the Gillette/East elevators down to the first floor. The entrance to the pool is next to the elevators.

Regions Hospital Rehabilitation Institute

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651-254-4797

www.regionshospital.com/rehabilitation