

Therapy Fit - Stroke/Cardiac/COPD

This specialized therapeutic class for men and women of all ages who are living with COPD, have experienced a cardiac event or are at high risk for a cardiac event and/or are a stroke survivor. Our qualified fitness instructor, who has received specialized training in therapeutic exercise, will lead this class. The instructor will closely monitor cardiovascular training and provide exercises to improve balance, strength, flexibility, coordination gait and optimize your ability to function in daily activities. New participants must have a Referral Form (call 613-966-4636 to obtain a form) completed by their family physician or be referred by a rehabilitation program



PLEASE NOTE:
The City of Belleville has a
Recreation Fee Assistance
Policy; therefore your fee may be
reduced based on your income.
Please call for further details:
613-966-4632



Personal Training

Don't let your disability or chronic conditions stop you from being healthy and fit. Let one of our certified Fitness Professionals create a program specifically designed to help you. These training sessions will be available at various times in either the Pool or Workout Studio. Call 613-966-4632 for more information.

Chair Yoga

Yoga is designed to enhance circulation, improve flexibility and calm your nervous system through exercise and efficient breathing techniques. Focus is on flexibility, meditation and breathing. Chair Yoga classes are for those who want to enjoy the benefits of yoga, but do not wish to be up and down off their mats.

Due to the COVID-19 Pandemic

Programs are currently available over zoom only , but we will be offering in-person classes as well as zoom classes starting in April .



With the opening of our pool facilities once again, the therapy pool will be available for swims. So be sure to book your time slot and enjoy the warmth and comfort of the therapy pool.

The QSWC maintains strict cleaning and screening protocols to help keep our patrons safe. The building is sectioned with separate entrances to allow for safe social distancing and program times are staggered to avoid close proximity to other participants.

All participants will have their own 12 x 12 foot square to exercise in and all equipment and chairs are cleaned between classes.

We hope to have you all back as soon as possible!

Therapy Aqua-Fitness

Warm water therapeutic exercise promotes relaxation, reduces pain & improves circulation.

Plus:

- Decreases muscle guarding
- Increases exercise tolerance
- Helps maintain a mobile and independent lifestyle

Fibromyalgia, Osteoporosis, Arthritis Aqua-Fitness

This specialized aqua-fitness class will cater to those who need extra care in the warm therapeutic pool. Our fully qualified aqua-fitness staff will lead you through a safe, pain-free therapy class designed specifically for you. We include stretch and strengthen components.

Parkinson's Aqua Fitness

This therapeutic class is for anyone with neuromuscular movement disorders such as MS, Stroke, Huntington's Disease or Parkinson's. This class will work on slow movements, increasing balance and will utilize a variety of equipment to assist you during class.



FOR MORE INFORMATION AND PRICING

Recreation, Culture & Community Services
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rccsgeneral@city.belleville.on.ca

THERAPEUTIC PROGRAMS

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