



**Comprehensive Rehabilitation
Physical & Occupational**



- Pre & Post Surgical Rehab
- Total body strengthening
- Range of motion
- Sports conditioning
- Vestibular
- Strokes/CVA
- Aquatic Rehab
- Neuro-Muscular

LAND CLASSES

- Buns & Guns
- Circuit City
- Tai Chi
- Fundamental Fitness
- Zumba/Yoga
- Spinning
- 5K Fitness
- Power Hour



THE THERAPY PROVIDED

Aquatic Therapy

Warm 89° Pool
Hot Tub 104°



Aquatic Classes

- Hydro Fit I/II
- Aqua Fit I/II
- Water Wellness
- Aqua Zumba
- Arthritis



Speech

- Stroke/CVA
- Tramatic Brain Injury
- Central Nervous Disorder
- Pediatric Developmental Delay
- Speech & Voice Disorders
- Adult Swallowing Disorders

GROUP LESSONS

- Tumbling
- Dance
- Swimming



Private Lessons

- for all ages
- Personal Training
- Swimming
- Martial Arts

Medical Massage Therapy

- Detox
- Deep Tissue
- Prenatal

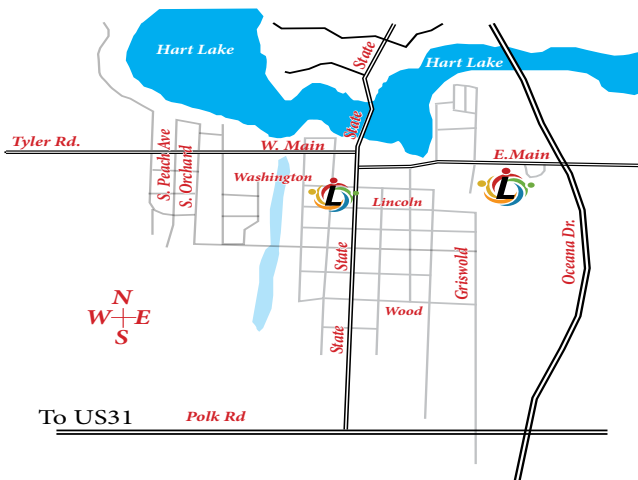


FITNESS CLASSES



Also Offering Specialized Programs...

- Fall Assessments
- Driving Assessments
- Women's Health Programs
- Weight Loss Programs
- Functional Capacity Exams
- Home Modifications
- Return To Work Programs



*Two Facilities, One Goal:
Helping You Live Life To Its Fullest!*

Lakeside Comprehensive Rehabilitation

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Lakeside Rehabilitation Family Fitness

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