

www.LakesideRehab.com

Lakeside Rehab is staffed with **highly qualified professionals** who deliver **individualized** care.

- Sports Conditioning • Injury Prevention & Treatment Therapy • Strength Training



Join us
at our
two
locations!



Open
at 5am
both
locations!

Best & Biggest on the Lakeshore!

Physical, Occupational, Massage,
Speech, Aquatic Therapy
& Classes

25 x 30 Heated Pool/Hot Tub

12 Years in Business
& Growing

- Student discounts
- Onsite certified instructor led classes
- Personal trainers

3 Membership Programs :

- Energize
- Revitalize
- Excel

\$20/week Unlimited Access
Drop-in Rates Available

Open 6 days a week.
Check website for hours.

601 E. Main St.
Hart
231-873-3577

39 S. State St.
Downtown Hart
231-873-3566

All ages & fitness levels welcome!

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

Silver&Fit.
Fitness Facility

Clean locker room & shower facilities. Classes to fit your schedule!

Meeting your therapy & wellness needs closer to home!

