



Be Well Program

No referral is necessary. Please bring your own towel to pool classes.

Monday	Tuesday	Wednesday	Thursday	Friday
	9 am AquaArthritis			9 am AquaArthritis
	10 am Intense Aqua			
11 am Well-Beings	11 am Stroke Pool Class		11 am Well-Beings	
12 pm FitAqua	12 pm AquaArthritis	12 pm FitAqua	12 pm AquaArthritis	12 pm FitAqua
1:15 pm Active Advantage	1 pm ModifiedAqua	1:15 pm Active Advantage	1 pm ModifiedAqua	
2:15 pm Active Advantage			2:15 pm Active Advantage	
4:30 pm Fibromyalgia		4:30 pm Fibromyalgia		
5:15 pm AquaArthritis	5:15 pm FitAqua	5:15 pm AquaArthritis	5:15 pm FitAqua	
6 pm Sports Performance*		6 pm Sports Performance*		
Open Pool 8 am - 6:30 pm	Open Pool 8 am - 6 pm	Open Pool 8 am - 6:30 pm	Open Pool 8 am - 6 pm	Open Pool 8 am - 4 pm
NextStep Plus 8 am - 6 pm	NextStep Plus 8 am - 6 pm	NextStep Plus 8 am - 6 pm	NextStep Plus 8 am - 6 pm	NextStep Plus 8 am - 4 pm

Pool Classes: \$7.00 per visit

Land Classes: \$5.00 per class

*Call for dates and times.

Sports Performance: \$10.00 per class



Ball

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Class Descriptions

Warm Water-Based Classes*

AquaArthritis (Low Intensity)

This 45 minute class is designed to help increase movements of joints to allow for more activity with daily living. The focus is on joint pain relief, muscle relaxation, and stretching.

Fibromyalgia (Low Intensity)

This 45 minute class is focused on gentle stretching, balance, and relaxation.

ModifiedAqua (Medium Intensity)

This 45 minute class is designed to be a stretching and endurance workout with a small emphasis on strengthening. It will challenge balance, coordination, and flexibility with shallow and some deep water exercises.

FitAqua (High Intensity)

This 45 minute class is designed to challenge the individual with a strengthening and cardio workout with shallow and deep water exercises.

Intense Aqua (Highest Intensity)

This 45 minute class is the highest intensity class offered in our warm pool. It focuses on moderate to high level cardio, core and muscle toning, and overall strengthening to improve fitness.

Stroke Pool Class (Low Intensity)

This 45 minute class takes place in our warm pool and is designed for people that have had strokes or similar neurologic issues. It focuses on balance, strength and range of motion of arms and legs.

Aqua 1-on-1 (warm water workouts for individuals with disabilities)

These workouts are tailored to meet the individual's needs when one-on-one assistance is required. Call for an appointment. Cost is \$30.00 per session.

On Your Own*

AquaKids (for special needs children)

Aquatic exercise can assist in relaxing, stretching, strengthening, and stability. Parents or caregivers are permitted to use the open pool hours to assist in exercise routines for their children ages 3 and older with a doctor's referral. Please call for more information.

Open Pool

These times are intended for you to be able to access the pool to do your own exercise routine on an individual basis.

Land-Based Classes*

Well-Beings (Low Intensity)

This is a 45 minute group exercise class for adults that focuses on stretching, range of motion, general strengthening and balance. Exercises can be modified for your needs and can be performed sitting or standing by a chair. Cost is \$5 per session.

Active Advantage (Low to Medium Intensity)

This 45 minute class will promote strength, flexibility and balance. The intensity of the class will be moderate strengthening with standing exercises using light weights and bands. Cost is \$5 per session.

Sports Performance (High Intensity)

Athletes today must take advantage of every opportunity to perform at the ever increasing levels of competition. IU Health Sports Performance specializes in sport-specific training to develop an athlete's potential. Cost is \$10 per session.

On Your Own*

Next Step Plus

This program is designed for patients and community members to exercise in a safe environment to continue their post-rehabilitation exercise program. This is an independent exercise program without a class or instructor. Cost is \$3 per session.

*Before the first visit, participants will need to complete an information/consent packet.

IU Health Ball Memorial Hospital Rehabilitation Center
3300 W. Community Dr., Muncie, IN

For more information, call 765.751.2555 or email
Bewell@iuhealth.org



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