



Stronger Hip and Knee

About the Program

Designed for individuals who are looking to manage their hip or knee pain, are pre or post Hip or Knee Replacement, or looking for lower extremity strengthening.

Regular exercise and strength training is the best medicine for hip and knee arthritis. Building strength can decrease stress on your joints and reduce pain.

Designed by Physiotherapists and delivered by fitness professionals, each class will take you through a series that can help improve your gait, balance and function. The class includes cardiovascular and weight training exercises in our fitness area.

Classes are available throughout the week with a variety of days and times to suit your schedule. Participants attend two classes per week for six weeks. See our program guide for details.

*Please note this is not our Post-Op Knee or Hip Program.

Cost:

Reh-Fit Members: \$150

Non-Members: \$180



About the Reh-Fit Centre

Every day at the Reh-Fit Centre, we see the powerful effect that exercise and a healthy lifestyle can have on people of all ages. From boosting energy and losing weight to eliminating pain and reducing the use of medication, the Reh-Fit offers a new prescription for health that delivers lasting physical, mental, and emotional benefits.

The Reh-Fit Centre is more than a fitness centre. As Canada's first certified medical fitness facility, we provide an environment to help individuals achieve and maintain health and wellness. We offer individual and group options for exercise, nutrition, and education through a team of certified health and fitness professionals. Expert guidance from professional personnel, innovative health enhancement programs, and the integration of medical, rehabilitative, and fitness services all are delivered in a clean, service-oriented environment.

If you've been promising yourself that it's time to improve your health, feel better, get stronger, or manage your weight, come see us at the Reh-Fit Centre. We've helped more than 10,000 people this past year alone and we know we can help you too!



1390 Taylor Avenue
Winnipeg, MB R3M 3V8

204.488.8023
reh-fit.com