

Happy Hips and Knees

Innisfil YMCA



Tuesdays 11:15am-12:00pm

Sept 10th-Oct 22nd

OR

Oct 29th-Dec 10th

Member: \$60+tax Non-Member: \$120+tax

Splash your way to enhanced mobility and vitality in this tailor-made aquatic therapy program for those navigating osteoarthritis, or knee and/or hip discomfort. Whether you are pre or post-operative (12 weeks) hip or knee replacement, or seeking to prevent surgery altogether, experience the gentle resistance and buoyancy of water as it supports your journey towards greater strength, balance, and functionality. Led by Desirée Knack, a seasoned Registered Kinesiologist with over 20 years of aquatic therapy expertise, you will work your way through progressive, guided exercises, invaluable education and uplifting camaraderie, helping you regain confidence in movement, one splash at a time.

