



BodyFit: Aquatic Wellness & Exercise

BodyFit: CFIT A-LA-CARTE SERVICES

Provider: Cottage Rehabilitation Hospital
The Tuohy Foundation Aquatic Center
2415 De La Vina Street
Santa Barbara, CA 93105
805-569-8999

Aquatic Wellness and Exercise Programs are open to CFIT clients and are instrumental in helping you meet your personal fitness goals.

The Tuohy Foundation Aquatic Center features an outdoor, warm water (92 degree) environment that is excellent for therapy and physical conditioning. The center is handicap accessible and aquatic equipment is available to pool users.

Aquatic Wellness Programs Include:

- ≈ Personal Training
- ≈ Independent Exercise & Swim
- ≈ Aerobic Conditioning Class
- ≈ Arthritis Foundation Aquatic Program
- ≈ Aquatic Volunteer "Buddy" Program

Please talk to your Care Coordinator if you are interested in Aquatic Wellness as part of your CFIT Program.

Cost of Service: Included in CFIT Program
\$30 Initiation fee plus \$6 per session for non-clients.

Please call 805.899.7777 or email kendra@sbcfit.org for more information