

## THE BENEFITS OF WARM WATER THERAPY

Our **HydroWorx 2000** warm water aquatic therapy pool helps ease the pain, tension and stress that is sometimes felt during land-based exercise. The following conditions are ideal for treatment in the **HydroWorx 2000**:

- Chronic pain
- Arthritis
- Fibromyalgia
- Neck, shoulder, hip, lower back, knee or ankle injuries
- Rehabilitation following surgery

## TAKE THE PLUNGE INTO AQUATIC THERAPY

Each **HydroWorx 2000** aquatic therapy session is individually designed to meet your needs and goals. Your pool therapy session is always professionally supervised and usually lasts 15 to 45 minutes.

It's not necessary to know how to swim, since our aquatic therapy instructor works side-by-side with you.

**Call 952-995-1022 for available times and fees.**

"Exercising in the club's HydroWorx 2000 pool is easy - and I love the personal attention I get!"

*B.C. - Summit Club Member*

## ENJOY *SILVERCARE* - THE SUMMIT PLACE DIFFERENCE

Come to **Summit Place** and enjoy the "peak" of senior living. What sets our new retirement community apart? Our commitment to your health, fitness and lifelong well-being.

This commitment is evident through our **SilverCare** program, **The Summit Club**, our expansive health and wellness center, our specialized personal care programs and a generous offering of services and amenities that cater to your individual needs.

**Summit Place** supports your dignity and enjoyment of life, plus peace of mind through planning for your future needs.

### LIFESTYLE OPTIONS:

- Town Homes
- Senior Apartments
- Assisted Living
- Memory Care

 ANOTHER SENIOR COMMUNITY OF EXCELLENCE  
MANAGED BY SILVERCREST PROPERTIES, LLC



## EXPERIENCE THE WONDERS OF THE *HYDROWORX*® 2000™ AQUATIC THERAPY POOL AT THE SUMMIT CLUB



  
**SUMMIT**  
*place*  
**SENIOR CAMPUS**  
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## THE SUMMIT CLUB OFFERS THE HYDROWORX® 2000™ AQUATIC THERAPY POOL

The Summit Club, at Summit Place Senior Campus, is proud to offer our members the revolutionary **HydroWorx 2000** aquatic therapy pool as an alternative to traditional exercise methods. Each workout is personally supervised by one of our trained aquatic therapy instructors and you are never left unattended while in the pool.

Exercise in this revolutionary aquatic therapy pool can offer the benefits of:

- Increased muscle tone
- Improved range of motion
- Improved circulation
- Enhanced balance and coordination
- Decreased level of pain
- Reduced stress

## THE SECRET IS BOUANCY AND HEAT

When exercising on land, gravity creates stress on muscles, bones and joints. Movement can sometimes be difficult, painful and restricted.

When one exercises in water, there is decreased strain on our bodies. Water's natural buoyancy provides assistance in a truly unique manner. It supplies resistance, supports the body and reduces joint stress.

# HYDROWORX® 2000™ POOL FEATURES



The HydroWorx 2000's adjustable floor allows usage without stairs and provides workouts in depths of 2' - 6'.



The entire floor of the HydroWorx 2000 pool is an integrated variable speed treadmill that has the ability to smoothly vary speeds in .1 mph increments.

This approach is a quantum leap forward in rehabilitation.

You don't need to know how to swim to enjoy the **HydroWorx 2000**. There are no ladders or stairs to navigate. The adjustable floor rises to the pool deck, providing easy access for all. You simply stand in the middle of the floor and are lowered to the proper level.



Warm water (94 degrees), is conducive to relaxation and optimal muscle movement. Deep tissue massage is also available.



Underwater camera and television aid the participant and therapist to see range of motion during the session, enabling the therapist to offer immediate consultation.

The **HydroWorx 2000** aquatic therapy pool soothes your body in comfortable 94 degree water, offering relief to joints and muscles. While you exercise, the buoyancy and warmth relieve the stress and strain on your body.

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