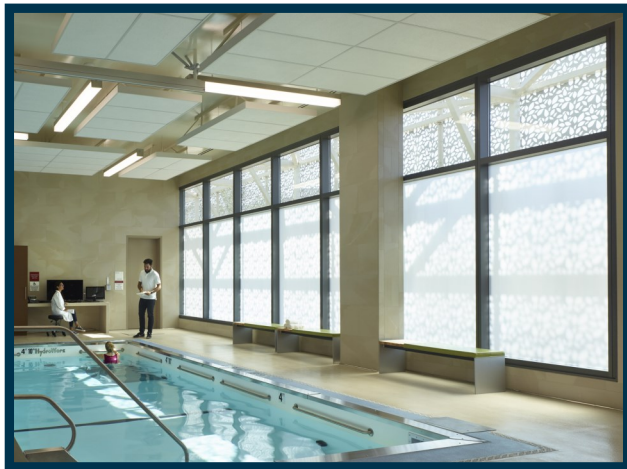


Don Knabe Wellness Center Rates

Basic monthly membership	\$10/month
* auto pay available	
* gym + classes (Zumba not included)	
Basic Zumba membership	\$35/month
* gym + classes (Zumba included)	
Get Fit Zumba membership*	\$30/month
* requires annual contract and auto pay	
* gym + classes (Zumba included)	
Get Fit paid in full for one year**	\$110/year
** requires annual contract	
* gym + classes (Zumba not included)	
Get Fit Zumba paid in full for one year**	\$325/year
** requires annual contract	
* gym + classes (Zumba included)	
Lifetime membership	\$3600




*We have something
for everyone*

Specialty Services Menu

Personal training
Massage Therapy—Coming Soon!!!
Mat Pilates Class
Exercise with assistance
Robotic session
Functional Electrical Stimulation (FES) session
For Specialty Services or more information about pricing, please call (562) 385-6600




WINTER 2017



RANCHO LOS AMIGOS
NATIONAL REHABILITATION CENTER

Don Knabe Wellness Center

Wellness for Everyone!



Hours
Monday-Friday
7am - 6pm

Mind • Body • Spirit

Group Classes Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am English Class	10:00 am Restorative Gardening* 900 building	8:00 am Adaptive Cycling Exercise Group* Entrance of Don Knabe Wellness Center **To participate call (562) 385-6600**	10:00 am Restorative Gardening* * 900 building	
12:00 pm Walk/Roll/Run* Marilyn Hilton Garden	10:00 am Brains in Motion	10:45am Stroke support Group	10:00 am MS support group* * 900 building, unit 901, room 10	
12:00 pm Brain Injury Support Group	11:00 am Seated Tai Chi (last Tuesday of every month)	11:00 am All Things Web (1st Wednesday of every month)	10:00am Life Beyond Aphasia (English)	
12:00 pm SCI Support Group (English)	12:15 pm Mat Pilates	12:10 pm Zumba Fitness	11:00 am Life Beyond Aphasia (Spanish)	
12:15 pm Zumba Fitness	1:00 pm Artists on the Rise	12:10 pm Wellness for the Soul	11:00 am Intro to Wheelchair Sports* 900 Building, Basketball Courts	
1:00 pm Driver's Training Support Group* Contact Wellness Center for specific dates * 900 building, room 88A	1:00 pm In Home Supportive Services (IHSS) (1st and 3rd Tuesday of every month)	1:00pm Exploring the Performing Arts (4th Wednesday of every month)	12:15 pm Kundalini Yoga	11:00 am Caregiver Support Group *900 building unit 901, room 8
1:00 pm Artists on the Rise	1:15 pm Zumba Gold	1:00pm Stroke support Group	12:00 pm SCI Support Group (Spanish)	12:10 pm Zumba Fitness
2:00pm Diabetes Support Group* 900 building, 904/5 Solarium		1:30pm Bingo (1st and 3rd Wednesday of every month)	1:15 pm Zumba Gold	1:00 pm So You Think You Can't Dance? *no class on 1/6; 2/10; 3/24*
5:30 pm Zumba Fitness		2:00 pm KnowBarriers Life Coaching Program (4th Wednesday of every month)	2:00pm Brains in motion	
		5:30pm Zumba Fitness	1:00pm Aromatherapy (3rd Thursday of every month)	
			2:00pm Meditation	

Wellness classes provide support for patients, caregivers, and community members of different abilities. Small group sizes provide education and support to help cope with challenges brought about by new life changes.

The Don Knabe Wellness Center offers a variety of classes designed to improve balance, strength, endurance, and coordination regardless of physical ability.

Wellness classes promote relaxation, meditation, and creative exploration. They focus on teaching strategies to achieve and sustain a healthy lifestyle.