

HYDROTHERAPY UNIT



Founded in 1976



The Hydrotherapy Unit at SESOBEL is equipped with ultra-modern technology and a pool to offer you different types of activities :

— Aqua therapy

— Aqua Gym

Aqua fitness, Aqua stretching, Aqua relax

1 AQUA THERAPY

Sesobel's Hydrotherapy Unit offers therapy sessions for people suffering from:

- Neurological disease
- Neuromuscular disease
- (Parkinson, hemiplegia....)
- Orthopedic injuries (Fractures)
- Rheumatology illness ...

Our therapist will be at your service.

2 AQUA GYM

Aqua Gym is appropriate for all ages regardless of fitness level. It is ideal for pregnant women and overweight people. It allows:

- To increase physical endurance
- To relieve stress
- To improve cardiovascular and cardiorespiratory fitness
- To enhance body shape

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EQUIPMENT

The hydrotherapy unit put at your disposal
all accessories needed:

Aqua gym belt, Foam noodles, Aqua
weights, Aqua dumbbells, Balloons ...

FEES:

- Private aqua therapy : 40\$/session
- Group aqua gym sessions:
 - 50\$/month: one session per week
 - 90\$/month: two sessions per week

