

SPORTS REHAB MEMBERSHIP FEES AND RATES

FACILITY MEMBERSHIP

	<u>Monthly</u>	<u>6 Month</u>	<u>Annual</u>
Single:	\$35.00	\$179.00	\$315.00
Family:	\$45.00	\$230.00	\$405.00
Senior - Single (60+ age):	\$28.00	\$143.00	\$252.00
Senior - Family:	\$36.00	\$184.00	\$324.00
Student:	\$28.00	\$143.00	\$252.00

Included with the initial membership:

- ◆ Initial health/wellness evaluation with individualized exercise prescription and consultation
- ◆ Registered Nurse on site if consultation is desired, requested, or deemed helpful
- ◆ Exercise Physiologist 1:1 exercise instruction and consultation
- ◆ Follow-up health/fitness evaluation with updated exercise prescription and consultation
- ◆ Orientation of the facility
- ◆ Various wellness pre-tests if requested or deemed necessary:
 - Flexibility
 - Strength (push-ups, sit-ups, hand-grip test)
 - Body Assessment (body fat, body girth, body mass index)
 - Treadmill Test (oxygen uptake ability)
 - Compare all test scores to norms
- ◆ Use of all the exercise equipment, use of the therapy pool and whirlpool, use of lockers, showers and towels
- ◆ Exercise Physiologist or Physical Therapists on site to answer questions or address concerns

Additional Fees and Discounts

Guest Fee: \$7.00/day (signed waiver/consent required)

Sports Rehab or Physician Referrals: 10% discount off your first month of wellness.

Corporate Discounts: Different levels of corporate discounts given to various businesses. Please speak to the wellness coordinator if you have any questions.

Sliding Fee Scale: Ask wellness coordinator to see sliding fee scale sheet.

Additional Classes

Various clinically supervised exercise programs may be implemented due to member interest. Fees and rates will be established depending on class frequency and length. If you are interested in any classes or have any ideas of your own, please speak to the wellness staff.