



Exercise  
is Medicine®

## Exercise is Medicine

Exercise can be as powerful as medicine in preventing and treating a range of chronic medical conditions. This program provides a comprehensive approach to health and wellness with flexibility, cardiovascular and strength training. All participants start with an initial assessment to determine program eligibility and their level placement.

### Level 1

Starts with a 1:1 training session followed by 8 weeks of group training. Participants will meet 2x a week in groups of three to six. Exercise sessions will take place on the fitness floor and will be led by a certified trainer. This level includes full access to Woman's Fitness.

### Level 2

Four-week small group program that meets 2x a week. Participants can choose between the warm water pool or the fitness floor and will have more individualized programming and direction. Program may be repeated until participant is ready for Level 1.

### Level 3

Personal training participants will be 1:1 with the most individualized programming in either the warm water pool or on the fitness floor.



## Rates & Fees

Assessment.....\$50

### Level 1 (8 weeks)

2x a week.....\$199

### Level 2 (4 weeks)

#### Pool Program

2x a week.....\$130

#### Fitness Floor Program

2x a week.....\$165

### Level 3 Personal Training Rates

#### Fire Starter Package (20% savings)

##### One time only purchase

(3) 45-minute sessions.....\$135

#### Individual Sessions

45-minutes.....\$55

#### 3-Session Package (5% savings)

45-minutes.....\$156.75

#### 5-Session Package (10% savings)

45-minutes.....\$247.50

#### 8-Session Package (15% savings)

45-minutes.....\$374