



Regional Weight Management

Exercise Programs

Overall Health Assessment

One-on-one session\$60

Body Composition– provides an easy & quick overview of your body makeup.

Functional Assessment– Assess strength, flexibility & range-of-motion.

Cardio Assessment– Assess cardiovascular health & stamina.

Overall Assessment & fitness improvement plan completed by a certified Personal Trainer.

Body Composition Analysis

Private Appointment.....\$20
(includes results sheet)

Results provide an easy & quick overview of your body makeup.

Nutrition Wellness Consultation

One –on-one nutrition counseling with a registered dietitian.

One 30-min session.....\$30
One 60-min session\$50
Three 30-min sessions\$75
Three 60-min sessions.....\$135
Six 30-min sessions.....\$132
Six 60-min sessions\$252

Fitness Classes

All classes are covered by a \$50 punch-card. **“That’s only \$5 a class!”**

High Intensity Interval Training (HIIT)

A step up from everyday cardio. HIIT involves resistance training in an aerobic modality. A class designed for calorie zapping!

Low Level Aerobics

A class geared for those who are just starting up, or are just looking to exercise in a conservative manner.

Tai-Chi

Tai-chi is a mindful exercise that moves through an array of challenges—both mentally and physically. Do not be deceived, Tai-chi is not as easy as it looks!

Kickboxing

A class designed from an array of martial arts forms to implement self-defense techniques, and punching and kicking in itself is a great way to get in shape

Mid-level Aerobics

A fun collaboration of the many different popular cardio workouts on the market today!

All classes are located on the 2nd floor Gym in the Rehabilitation Institute at RCRH (former in-patient rehab location).

Classes are Monday through Thursday from 6 - 7 a.m.

Monday - HIIT
Tuesday - Mid-level Aerobics
Wednesday - Kickboxing
Thursday - Low-level aerobics/
dance aerobics

Personal Training

Multiple sessions available

Private Appointment Single

Sessions

One 30-min session.....\$30
One 60-min session\$50

Private Appointment Packages

Three 30-min sessions\$75
Three 60-min sessions.....\$135
Six 30-min sessions.....\$132
Six 60-min sessions\$252

To make an appointment please call 605-755-1123.

(Tax not included in prices)