

# Medical Fitness Center Price List

*Associated Neurologists Physical Therapy*

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| <p><b>Gym Membership</b><br/>                 Unlimited gym use during hours of operation<br/>                 Monday-Thursday 7:00am-7:00pm<br/>                 Friday 7:00-4:30pm<br/>                 Saturdays: By Appointment Only<br/>                 Sunday: CLOSED</p>  | <p><b>\$25 per month</b><br/>                 *3 month commitment<br/>                 *\$65 registration fee. This fee includes an hour with a personal trainer where the trainer will do a mini fitness assessment and a brief orientation with the gym.</p> |
| <p><b>Phase IV</b><br/>                 Guided &amp; supervised exercise with a Physical Therapy Technician. Your program is designed and updated monthly by your Physical Therapist.</p>   | <p><b>\$50 monthly unlimited</b><br/>                 *Appointments need to be made weekly with Physical Therapy Technician unless prior arrangements have been made with Tech.</p>  |
| <p><b>Personal Training-60 minute Assessment</b><br/>                 When beginning sessions with a Personal Trainer, this mandatory assessment serves to acquaint the client to trainer through a health history questionnaire and fitness assessment &amp; finalizes by determining your main goals at the fitness center.</p> | <p><b>\$65</b></p>   |
| <p><b>Personal Training-60 minute sessions</b><br/>                 with Personal Trainers Penny Cidri, Garner Lester &amp; Dee Poquette</p>  | <p><b>\$65 per session</b><br/> <b>\$236 (4 sessions: \$59 per)</b><br/> <b>\$448 (8 sessions: \$56 per)</b></p>   |
| <p><b>Personal Training-30 minute sessions</b><br/>                 with Personal Trainers Penny Cidri, Garner Lester &amp; Dee Poquette</p>  | <p><b>\$45 per session</b><br/> <b>\$164 (4 sessions: \$41 per)</b><br/> <b>\$312 (8 sessions: \$39 per)</b></p>   |
| <p><b>Chair Yoga &amp; Yoga</b><br/>                 with Yoga Instructors Penny Cidri &amp; Darlene Carman</p>   | <p><b>\$100 per 6 week session</b><br/> <b>\$22 per class</b></p>  |
| <p><b>Somatics</b><br/>                 with Somatics Instructor Darlene Carman</p>   | <p><b>\$60 per 4 week session</b></p>  |
| <p><b>Parkinson's Music &amp; Movement</b><br/>                 with Physical Therapist, Cynthia Bahr</p>   | <p><b>\$10 per class</b><br/>                 Wednesdays 11:00am-12:00pm</p>   |
| <p><b>Nutrition Counseling</b><br/>                 with Registered Dietitian, Rebecca Bonetti</p>  | <p><b>WE DO ACCEPT MOST INSURANCES</b><br/><br/>                 Self Pay Rate:<br/>                 \$190 1 hour Initial Appointment<br/>                 \$80 30 minute Follow-up</p>  |
| <p><b>Tai Chi for Balance Improvement</b><br/>                 with Tai Chi Instructor Charlotte Honda</p>  | <p><b>\$125 per 8 week session</b></p>   |