

SPRING 2018



## WHAT'S NEW

### RESOLUTION RECHARGE

March 19 – April 14 | Free to members

Are you keeping up with your New Year's resolutions? Do you need a *recharge*? This new spring incentive program will help get you back on track. Let MedFit assist you in setting realistic goals and spice up your fitness routine with new classes to adding variety to your routine. Be ready to set new goals or remind yourself of old ones. Stay accountable by tracking your workouts and nutrition habits.

### MEDICAL FITNESS WEEK & WALKING CHALLENGE

May 7 – 13 | Free to members

Help us celebrate Medical Fitness week! We will be starting off with a bang on Monday, May 7<sup>th</sup> as we host our annual member appreciation day. This special day is comprised of activities, prizes and more to show how happy we are that YOU are part of the MedFit family! The fun continues the rest of the week with our walking challenge – participate just for fun, or enjoy some healthy competition and keep your eye on the prizes we have to offer. This week we will show you what Medical Fitness is all about as we work together to compete against other medical fitness centers for the high stepping first place spot!

## SPRING WORKSHOPS

### SMART GOALS

Monday, March 19

5:30 – 6:30 p.m. | Free to all

Do you have trouble keeping up with goals that you set? Reaching your health goals can be challenging. Join one of our fitness specialists to discuss setting smart goals for yourself, what to do when you hit those frustrating plateaus and how to stay motivated in the process.

### RUNNING 101

Wednesday, April 18

6:00 – 7:00 p.m. | Free to all

Grab your sneakers and *get ready, get set, go* to MedFit's running workshop! Learn tips for pain-free running, injury prevention, and receive a training schedule for your race of choice (5k, half marathon, etc.). Come ready to practice an active warm-up routine and cool-down stretches.

### FOAM ROLLING

Wednesday, May 9

5:30 – 6:30 p.m. | Free to all

Foam Rolling has many health benefits, including increased flexibility, injury prevention, reduced soreness and increased range of motion. This workshop will cover the health benefits associated with foam rolling and demonstrate exercises for warm up and recovery. Join us to learn how foam rolling can benefit you!

## NUTRITION

### HEALTHY EATING FOR BUSY PEOPLE

Thursday, April 5 | 6:30 – 7:30 p.m. | Free to all

Being busy should not be an excuse for unhealthy eating. In this seminar Katie will discuss simple hacks for quick and easy meals. She will provide information on the best options for frozen meals, snack bars, and other convenient options. She will also discuss choosing healthy options on the go including restaurants, fast food and convenient stores. Lastly, you will get some tips and tricks for squeezing healthy habits into a busy lifestyle.

## MEDICAL MASSAGE

By Appointment | See Front Desk to Schedule

Massage is an excellent complement to exercise and nutrition as a pathway for living a healthy lifestyle.

Whether you are experiencing discomfort or seeking stress management and relaxation, our therapist has the tools to provide you with an exceptional experience.

Single Sessions	
30 Minutes	\$40
60 Minutes	\$75
90 Minutes	\$100
120 Minutes	\$125

Package of 4 Sessions	
30 Minutes	\$152
60 Minutes	\$285
90 Minutes	\$380
120 Minutes	\$475

# PILATES REFORMERS

## MULTI-LEVEL SESSIONS

Mondays | 9:30 – 10:30 a.m. & 5:30 – 6:30 p.m.

Cost per session: \$14 members/\$17 non-members

Wednesdays | 9:30 – 10:30 a.m.

In this small group setting, participants will expand on the beginning repertoire, adding exercises that require stamina, focus and coordination. This class will cover basic to multi-level exercises and focus on proper coordination, breathing, movement, as well as pelvic and spinal alignment with modifications based on skill level. Registration required. \*New participants must complete a 1:1 introductory session with instructor before participating.

## INTRODUCTORY SESSION

By Appointment | See Front Desk to Schedule

Cost: \$30 members/\$35 non-members

Participants will learn how to set the reformer to his or her body and begin to introduce principles needed for a successful experience. This one hour session will cover basic exercises and focus on proper coordination, breathing, movement, pelvic and spinal alignment.

# SMALL GROUP FITNESS

## BOOT CAMP

6 Week Series | Monday, Wednesday and Friday | 6:15 – 7:15 a.m. Cost: \$120 members/\$160 non-members

This fast moving and challenging workout will help you improve strength, speed, agility and body composition. At the beginning and end of each session strength, endurance and body composition will be assessed. (The strength, endurance and body composition test will vary each session).

## WOMEN ON WEIGHTS

6 Week Series | Monday and Wednesday | 6:00 – 7:00 p.m.

Cost: \$35 members/\$45 non-members

If you are intimidated by weight lifting or bored with your current weight lifting routine, join us for this six-week class to learn exciting lifting routines in a safe, gender-specific environment. Our fitness specialists give you the confidence you need by teaching appropriate form. All fitness levels welcome.

# INDIVIDUAL TRAINING

## CHOICE WELLNESS

Purchase a Choice Wellness package and choose to do one, two or all of the one-hour wellness options below. Mix and match, it's up to you. Ask about your free 30 minutes trainer/client consultation designed especially for new clients.

- **Personal training:** One of the safest, most efficient ways to help you reach your health goals.
- **Pilates 1:1 training:** Relieve stress, tone muscle and increase your core strength and flexibility.
- **Yoga 1:1 training:** Improve flexibility, strength, concentration, posture and breathing.
- **Adult Swim technique & refinement:** Learn to swim or refine your technique.
- **Nutrition consultation:** Meet with a registered dietitian to find the nutrition plan that is right for you.

One Session	\$50 member/\$60 non-member
Four Sessions	\$180 member/\$216 non-member

Eight Sessions	\$340 member/\$408 non-member
Twelve Sessions	\$480 member/\$576 non-member

# CLINICAL WELLNESS

## CRF – CANCER RELATED FATIGUE

Windsor Location Only | Times Vary | See the Front Desk for more info

Clients are evaluated by an oncology certified physical therapist and receive an individualized exercise program. A typical program includes cardiovascular, balance and strength training.

## STEP – SUPERVISED THERAPEUTIC EXERCISE PROGRAM

Windsor & Fort Collins Locations | Times Vary | See the Front Desk for more info

This class is designed to address your health and fitness goals with input and guidance from your healthcare provider. We work with you to ensure you reach your goals in a safe, motivating environment. Participants meet with fitness professionals three times per week in a group setting.

# YOUTH FITNESS

## YOUTH CERTIFICATION

By Appointment | See Front Desk to Schedule

Cost: Free to members/\$30 non-members

Offered to youth ages 7-12 and 13-15 years old, these programs teach kids how to safely and effectively perform age-appropriate exercises utilizing Poudre Valley Medical Fitness equipment.

## YOUTH SWIM LESSONS

Give your kids a gift that will last a lifetime. Half hour sessions are offered for infants through age 16.

One Session	\$25 member/\$35 non-member
Four Sessions	\$90 member/\$126 non-member

Eight Sessions	\$170 member/\$238 non-member
Twelve Sessions	\$240 member/\$336 non-member