

Winter 2018-2019



WHAT'S NEW

HOT SHEET

12 DAYS OF CHRISTMAS

December 1 - 23 | Free for members

Join us for this FREE Holiday motivator! Pick up our fun 12 Days of Christmas workout sheet to keep you on track through the month of December. Participate in an ever increasing/decreasing exercise challenge all month long, learn holiday wellness tips and earn prizes along the way.

S.O.S. FOR THE HOLIDAYS

Wednesday, December 5 | 7:00 – 8:00 p.m. | Free for all

Research proves that adding 10-15 minutes of stretching to your daily schedule helps “reset” your muscles' stretch reflex and complements your comprehensive health and wellness program. As we count down the 12 days of Christmas, join our S.O.S. event to boost your energy level and help you navigate your holiday season. MedFit's own massage therapists, Jaime Owens and Val Webb, team up to teach the top 12 benefits of stretching, self-care, how/when to safely stretch and strategies to keep relaxed even after your medical massage. \*Note: Registration Required. Inquire at the Front Desk.

FITbody

January 14 – April 7 | Free for members | \$179 for non-members

The 12 week challenge is designed to help you reach your body composition goals. FITbody will include 3-Inbody Scans that will provide measurements to track progress, workouts tailored to your fitness level, and meal plans and recipes. Everyone's body is different and we want to provide you with the tools that your body needs in order to succeed.

SMALL GROUP FITNESS

ProjectFIT

Monday, Wednesday and Friday | 6:15 – 7:05 a.m. | Cost: \$25 per month (available for members only)

Are you looking for a fast moving, ultra-challenging workout program? This program offers a whole new level of motivation and accountability in a small group setting. Strength, endurance and body composition are regularly assessed, ensuring you see results! Work to advance your athletic performance, lose weight and increase overall fitness with this exciting, early morning program. Registration required. More info coming soon...

NUTRITION

Check out the UCHealth Medical Fitness Facebook page for need to know nutrition information, including videos, blog posts, recipes and more. This season we will be focusing on avoiding the inevitable holiday weight gain, meal planning and meal prepping for your body composition goals. Find us at facebook.com/UCHealthMedicalFitness.

# MEDICAL MASSAGE

By Appointment Only | See Front Desk to Schedule

Massage is an excellent complement to exercise and nutrition as a pathway for living a healthy lifestyle. UHealth Medical Fitness prides itself on offering quality medical massage services that take your wellness to a new level. Whether you are experiencing discomfort or seeking stress management and relaxation, our therapists have 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

# 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 UHealth 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