

# UCHealth Medical Fitness

## SPRING



## WHAT'S NEW

### **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.

### **HEAVY LIFTING WORKSHOP: LIFT SMART, GET STRONG!**

Saturday, March 30 | 10:30 – 11:30 a.m. | Free for members

Whether you are lifting a box of old photos or trying to set a deadlift personal record, you must learn how to lift safely. Join us for an in-depth and hands-on workshop looking at the mechanics involved in three big lifts: deadlift, squat and bench press. Learn how to safely lift heavy weight, stabilize your spine and improve your range of motion. We will cover solutions to the most common mistakes when performing these lifts. You will get to practice everything you learn.

### **INTERMEDIATE/ADVANCED SWIM WORKSHOP**

Wednesday, April 24 | 5:00 – 6:00 p.m. | Free for members

Want to achieve a new swim personal record, improve your swim technique or train for a triathlon? Join Don Donahoo, Swim Coach, at this swim workshop for intermediate to advanced swimmers. You will learn how to perfect your swim stroke and become more efficient in the water. \*Note: all participants should be able to swim 100 yards and be familiar with 2/4 swimming strokes.

### **MEDICAL FITNESS WEEK & WALKING CHALLENGE**

May 6 – 12 | Free for members

Help us celebrate Medical Fitness week! The fun begins on Monday, May 6<sup>th</sup> as we host our annual Member appreciation day. YOU help make MedFit the special place that it is, so today we show our gratitude with activities, prizes and other fun! Be on the lookout the rest of the week for events that show what Medical Fitness is all about, including a balance workshop, blood pressure screenings and more. Don't forget to save some energy for our annual walking challenge as we try to get at least 10,000 steps every day of the week.

## SMALL GROUP FITNESS

### **ProjectFIT**

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

Get results fast with this metcon approach to small group training. Metcon refers to a specific type of muscle conditioning. The focus is to improve the muscles ability to use energy – making the body more efficient. If you want to lose weight, enjoy small group training, want to lift heavy, are looking to improve performance or are motivated by seeing real results this class is for you! Registration required.

1870 Marina Drive, Suite 101  
Windsor, CO 80550  
970.674.6500 | medfit.org

**uhealth**

# 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.

UCHealth 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

# NUTRITION

## RESOURCES ON FACEBOOK

The UCHealth Medical Fitness Facebook page has 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](https://facebook.com/UCHealthMedicalFitness).

# 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 UCHealth 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