

UCHealth Medical Fitness

SUMMER



WHAT'S NEW

HIGH SCHOOL SPORTS STRENGTH CAMP

June 10- August 1 | Monday & Thursday | 2:30 – 3:30pm | \$100 for members | \$120 for non-members

This 8 week camp is designed specifically for high school athletes aiming to increase strength and muscle mass to enhance sports performance and prevent injury. Workouts will include basic 5X5 strength style exercises plus specific hypertrophy, agility and mobility training.

SPARK

June 10- August 9 | Monday-Friday | 8:00am – 12:00pm | \$4 drop in or \$25 for a 10 punch pack

SPARK is an active and educational summer program for kids! In SPARK, kids will participate in engaging activities and learn tools to create a fun and healthy lifestyle. Structured the same as our Child Care program, but designed for children ages 7 through 13. SPARK takes place outdoors, so parents please equip your kids with sunblock, water, raingear, etc.

YOGA IN THE PARK

Once per month all summer | 9:00 – 10:00 am | FREE for all

Join us this summer for a fun, outdoor Yoga experience. Once each month, we are taking our normally scheduled Saturday Yoga class into various parks around Windsor and Loveland. Soak up the sunshine with this 60 minute class that connects breath and posture to create a flow. Deepen your yoga practice while building strength, improving balance and elongating muscles to increase endurance and flexibility – all while enjoying the fresh Colorado air! Bring your Yoga mat, a sweat towel, water and some sunscreen. All fitness levels welcome.

- June 15 at Main Park in Windsor (300 Locust Street)
- July 13 at Fairgrounds Park in Loveland (700 S Railroad Avenue)
- August 17 at Main Park in Windsor (300 Locust Street)

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

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.

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

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.