



Stay on Target

Exercise is Medicine

Fitness Use only

OR date: _____

Trainer: _____

Package: _____

DISCOUNTED MEMBERSHIPS

Offer expires 60 days from date of discharge from Rehab program or last office visit.

Choose from the following medical fitness programs:

- ◇ Cardiac Maintenance ◇ Pulmonary Maintenance ◇ Post– Rehab ◇ Cancer
- ◇ Weight Management ◇ Post-Bariatric Surgery ◇ Diabetes ◇ Parkinson’s Fitness
- ◇ Post Orbera ◇ Other _____ ◇ Brain Fitness

Patient Name: _____ Discharge Date: ____/____/____

Phone: _____ Email: _____

Rehab Associate/Physician (Print) : _____ Phone: _____

Rehab Associate/Physician (signature): _____ RehabSite / Location: _____

◇ YES ◇ NO Home Exercise Program, Precautions/Contraindications to Exercise attached.

◇ YES ◇ NO Supervision/ Caregiver Required

REHAB ASSOCIATE/PHYSICIAN: Please fax a copy to 772.223.5676

Palm City

3066 SW Martin Downs Blvd.

Palm City

772.781.2722

Hobe Sound

11600 SE Federal HWY.

Hobe Sound

772.223.4927



Cleveland Clinic
Martin Health



12 Week

MEDICAL FITNESS PACKAGES

Are you ready for the next step towards better health?

Choose one of our Medical Fitness Packages.

Each package includes the following benefits:

- Initial and final assessments
- Personalized training program
- Access to our fitness centers
- **230+** monthly group exercise classes

◇ Bronze : Six (6) - 1/2 Hr Personal Training Sessions 1 x every other week for 12 weeks. 48% discount	\$ 197
◇ Silver : Twelve (12) - 1/2 Hr Personal Training Sessions 1 x every week for 12 weeks. 49% discount.	\$ 297
◇ Gold : Twenty-Four (24) - 1/2 Hr Personal Training Sessions 2 x per week for 12 weeks. 50% discount	\$497

HOW DO YOU GET STARTED:

STEP 1 You will be contacted by the Medical Fitness Coordinator to review the package options.

STEP 2 Come into on of the CC Martin Health & Fitness Centers to complete the enrollment process.

STEP 3 A Fitness Specialist will schedule your fist appointment.

As a referred customer, we do offer a basic 3-month fitness membership for \$97 (non-medical fitness package)

