

# Specialty Programs – One on One

---



## ONE ON ONE PROGRAM



This is a unique program designed to offer extra assistance with those individuals needing a little guidance or constant supervision with their fitness needs. This does not include physical therapy nor does it replace it.

Individuals that have benefitted from this program: joint replacement (hip, knee, or shoulder), vision impaired, chronic physical disability, Downs Syndrome, Cerebral Palsy, Multiple Sclerosis, Obese, Parkinson's, and other neurological disorders, Arthritis, physically and mentally challenged, Alzheimer's, and more.

**A Certified Trainer will design a program taking into consideration any limitations, physician recommendations and goals.**

### **Two Options:**

**Fitness One on One:** Trainer will stay with you and assist you with all stretches, free weights, use of the Nautilus One equipment, NuStep, Recumbent bikes, treadmills, etc. All prospective members must be able to transfer in and out of equipment by themselves.

**Pool One on One:** The Water is the best environment for any one afflicted with an injury or in pain. Just moments in the warm water relieves the pressure on your joints making movement less painful and a lot easier. Members requiring a wheelchair and use of the hydraulic chair lift must be able to transfer themselves or bring someone that can assist them.

You must **first** set up a consultation appointment to begin either program. Call the Facility Manager for the Fitness One on One program or call the Assistant Manager for the Pool One on One program.

**Cost: Fitness 1/2 hour session \$15 or 1 hour session \$20**

**Pool 1/2 hour session \$20**

**A yearly enrollment fee of \$30 assessed at first appointment**