

Exercise Physiology Assessment Facts

Fitness Assessments

Exercise Program Development	\$45.00
Regular Geriatric Assessment: 1hour	\$30.00
Regular Assessment: 1 hour	\$45.00
<ul style="list-style-type: none"> • Cardiovascular Endurance Test <ul style="list-style-type: none"> ○ Heart Rate and Blood Pressure (before and after) • Upper Body Strength Test • Lower Body Strength Test 	
Comprehensive Geriatric Assessment: 1.5 hours	\$40.00
Comprehensive Assessment: 1.5 hours	\$60.00
<ul style="list-style-type: none"> • Cardiovascular Endurance Test <ul style="list-style-type: none"> ○ Heart Rate and Blood Pressure (before, during, & after) • Upper Body Strength Test • Lower Body Strength Test • Flexibility Test • Body Composition Test 	
Guided Instruction Program: duration is discussed	\$25.00
<ul style="list-style-type: none"> • One-On-One Instruction During Exercise <ul style="list-style-type: none"> ○ Proper lifting technique ○ Biomechanics • Heart Rate and Blood Pressure (before & after) • Periodic Weight Check • 5 Health-Related Component Test • Nutrition Education <ul style="list-style-type: none"> ○ Daily Caloric Intake ○ Metabolism Boosting Foods 	

Monthly Membership Dues

Regular Membership (age16-64)	\$35.00
Single + Spouse	\$60.00
Family (3 or more all over age 16)	\$90.00
Senior Membership (65 and over)	\$25.00
Senior + Spouse	\$40.00
Phase III Cardiac Patients	\$25.00

- 1.) All new fitness members **must** complete a Health Status Questionnaire **before starting** an exercise program, and if needed, a sign physician's release to exercise. A release is required form a physician for anyone who has diabetes, high/low blood pressure, any heart trouble, recent surgeries/injuries and/or other disease process.
- 2.) Due to the nature of this facility, equipment use by the patient takes priority over fitness use.
- 3.) All members **must** dress appropriately (closed-toe shoes, shirt, etc. at all times).
- 4.) Lockers are available on a daily use basis only.
- 5.) Members are expected to clean and return equipment to its proper place after each use.
- 6.) Cardiovascular equipment is limited to a 30-minute maximum when facility is busy.