



## Somerset's First Medical Fitness Center

# SOMERSET HOSPITAL

## Rehabilitation and Wellness Center

814-445-3330

Monday - Thursday  
6:00 a.m. to 9:00 p.m.

Friday  
6:00 a.m. to 8:00 p.m.

Saturday  
7:00 a.m. to 4:00 p.m.

Sunday  
8:00 a.m. to 3:00 p.m.

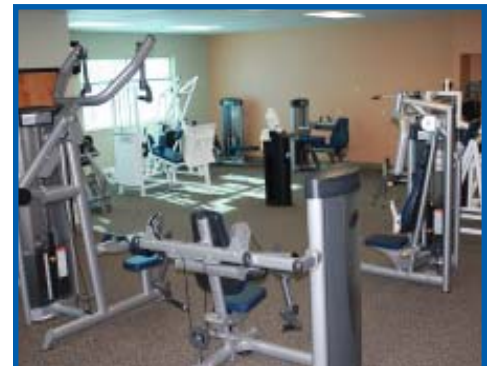
### The Fitness Center

We feature a highly educated fitness staff consisting of professionals with Bachelors, Masters and Doctorate degrees in Exercise Physiology, Physical Therapy and Athletic Training. Several staff members are also certified by the National Strength and Conditioning Association and have advanced certification as strength and conditioning specialists as well as performance enhancement specialists. Our exercise physiologists will provide programs that are designed according to evidence based information to ensure maximum safety and effectiveness.

Our staff will personalize a program according to your goals, fitness level, medical conditioning and ability. We offer the "medical fitness difference" which means our professionals have the knowledge to design programs for individuals with arthritis, back pain, musculoskeletal injuries, diabetes, joint pain and many other conditions.

We also offer sports specific strength and conditioning for student athletes ages 13 and up.

Our 15,000 square foot facility is equipped with the highest quality cardiovascular and resistance training equipment. Our cardiovascular area also has Cardio Theater with 35" flat screen TV's to make your exercise program more enjoyable. Check out our group fitness room, exercise classes and locker rooms.



126 East Church Street, Somerset, PA 15501

# Somerset Hospital Rehabilitation and Wellness Center

## Membership Rates

Individual Membership	\$38 per month
Couple Membership	\$70 per month
Family Membership	\$90 per month (Same Household)
Student Membership	\$25 per month (Ages 13-23)
Employee Membership	\$25 per month
Cardiac Rehab Transition	\$30 per month
Employee Couple Membership	\$45 per month
Employee Family Membership	\$70 per month (Same Household)
Medical Staff Membership	\$25 per month
Volunteer Membership	\$25 per month
Board Membership	\$25 per month
Senior Membership	\$33 per month (Ages 60+)
Corporate Membership	\$35 per month
( 5+ Active employees per department or entity)	
One Day Work Out	\$ 7 per day
One Week Membership	\$15 per week
Medical Maintenance Membership	\$45 per month

**For additional information, call 445-3330.**

