

# Community Fitness Program

If you've decided that now is the time to get in shape and stay in shape. Capital Region Healthplex can help you reach your fitness goals. Capital Region Healthplex offers a relaxed and friendly exercise/workout environment. What's more, all of our fitness programs are supervised and designed to meet the needs and goals of each participant.

There is a \$45 one-time fee joining fee, which includes your health assessment and orientation. Two separate one-hour appointments are set up for you. Your medical history will be reviewed, fitness level assessed, and an exercise prescription is designed based on findings from your health assessment and your personal goals.

After the health assessment and orientation, you can exercise independently with fitness staff available to assist you if you need help or have a question. You may come and go as you wish with unlimited use of our facility, which includes aerobic classes. We have towels, lockers with keys and shower facilities for your convenience.

## A Full Range of Fitness Choices

Capital Region Healthplex offers a number of options for reaching your goals, ranging from state-of-the-art fitness equipment to group classes. Workout options include:

- Beginning to advanced exercise classes
- Modern cardiovascular equipment
- Training with free weights
- Walking track
- Therapeutic exercise equipment
- Weight/strengthening machines
- Personal Training Available
- Professional Staff

### Hours:

Monday-Friday .... 5:00 a.m. - 8:00 p.m.  
 Saturday ..... 7:30 a.m. – 1:00 p.m.  
 Sunday..... Noon - 4:00 p.m.

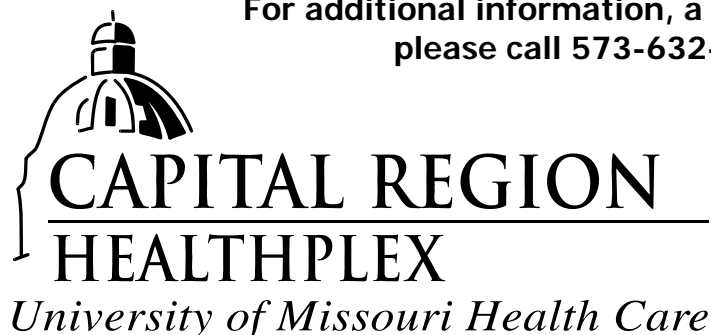


## Membership Cost

Time Period	Community		Corporate & Board of Governors		Senior (Age 62+)		CRMC Employee	
	Single	Family	Single	Family	Single	Family	Single	Family
<b>EFT</b>	\$33	\$59	\$30	\$54	\$25	\$43	\$20	\$43
<b>Monthly</b>	\$43	\$69	\$40	\$64	\$35	\$53	\$30	\$53
<b>6-Month</b>	\$160	\$285	\$144	\$258	\$118	\$207	\$92	\$207
<b>Annual</b>	\$290	\$530	\$270	\$495	\$220	\$385	\$174	\$385

- Some individuals may require a physician's approval before beginning an exercise program.
- Family membership includes spouse and dependent children 10 years and older.
- Corporate rates are for companies with three or more employee members.
- \* Monthly rates require Electronic Fund Transfer or a \$10 processing fee will be added.

**For additional information, a tour, or to make an appointment, please call 573-632-5634 or 573-632-5614.**



**Capital Region Healthplex is located at:**  
 Capital Region Southwest Campus  
 1432 Southwest Blvd.  
 Jefferson City, Mo.