

Community Fitness Program

If you've decided that now is the time to get in shape and stay in shape. The Sam B. Cook Healthplex can help you reach your fitness goals. The 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.

We first schedule a 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. Specialty classes are available at reduced price for members. See back for class schedule.

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. Facility features include:

- Professional staff
- Beginning to advanced exercise classes
- Cardiovascular equipment & track
- Therapeutic exercise equipment
- Weight/strengthening machines
- New Dimensions Weight Loss Program
- Nutrition Education Classes
- Free weight area
- Two New Locker Rooms
- Massage therapy services
- Therapeutic Pool
- Personal training
- Metabolic Testing
- Cardio theater



Membership Cost

Time Period	Community		Corporate & Students		Senior (Age 62+)		CRMC Employee	
	Single	Family	Single	Family	Single	Family	Single	Family
Monthly	\$33	\$59	\$30	\$54	\$25	\$43	\$15	\$35
6-Month	\$165	\$295	\$150	\$270	\$125	\$215	NA	NA
Annual	\$297	\$531	\$270	\$488	\$225	\$387	NA	NA

- Monthly rates require Electronic Fund Transfer method of payment.
- 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.
- Student Rates for those that are fulltime students
- CRMC Employees are required to use payroll deduct.

Hours:

Mon / Wed / Fri ... 5 a.m. - 8 p.m.
 Tues / Thurs 5 a.m. - 9 p.m.
 Saturday 7:30 a.m. - 1 p.m.
 Sunday Noon - 4 p.m.

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



Sam B. Cook
CAPITAL REGION
HEALTHPLEX
University of Missouri Health Care

The healthplex is located at:
 Capital Region Southwest Campus
 1432 Southwest Blvd.
 Jefferson City, Mo.