

# Sam B. Cook Healthplex

The Sam B. Cook Healthplex is Mid Missouri's only medical fitness facility which provides supervised fitness services and specialized programs to meet diverse needs. Our mission is *"To improve the health and wellness of the people and communities we serve"*.

Your membership begins with a personalized health and fitness assessment. This comprehensive assessment includes a review of your medical history, resting blood pressure, heart rate, oxygen saturation, body composition and exercise testing to determine your fitness level. Once you have completed your assessment, our team will use the results to develop a personalized exercise program tailored to your needs and desires. Your second visit will focus on training and orientation to the equipment you will use with your exercise program.

After you have completed the health assessment and orientation, you can use the facility independently at your convenience. Your membership includes all of our group fitness classes that range from low level stretch and balance to higher intensity cardio and strength based classes. Ask staff for a group fitness schedule. If you need help or have a question on the fitness floor, there is staff available to assist you.

## Experience the Difference:

Sam B. Cook 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
- Therapy Services
- Cardiovascular Equipment & Track
- Free Weight Area
- Weight/Strengthening Machines
- Two Locker Rooms
- Large Group Fitness Room
- Therapeutic Pool
- Cardio Theater
- Massage Therapy Services
- New Dimensions Weight Loss
- Nutrition Education Classes
- Cancer Wellness Program
- Personal Training
- Metabolic Testing
- Sport Specific Training
- Work-Out in Water Classes
- Lesmills BodyPump™ BodyStep™
- Pilates, Tai Chi, PIYo
- ALL Group and Exercise Classes Free for Members



## Membership Cost

Time Period	Community		Senior (Age 62+)		CRMC Employee	
	Single	Family	Single	Spouse	Single	Family
<b>Monthly EFT*</b>	\$35*	\$61*	\$27*	\$45*	\$17*	\$37*
<b>6-Month</b>	\$177	\$307	\$137	\$227	NA	NA

\* Monthly rates require Electronic Fund Transfer (EFT) method of payment.

- CRMC employees/volunteers are required to use CRMC payroll deduct or EFT to receive this rate.
- Family membership includes spouse and dependent children 10 years & older.
- Corporate & company sponsored rates available; see membership office for details.
- Student rates available, see membership office for details; bring student ID.

### Hours:

Monday-Friday .... 5 a.m. – 8 p.m.  
 Saturday ..... 7:30 a.m. - 1 p.m.  
 Sunday ..... 12 - 4 p.m.

**For additional information, a tour, or to make an appointment, please call 573-632-5634 (membership office) or 573-632-5614 (front desk).**




**Sam B. Cook**  
**CAPITAL REGION**  
**HEALTHPLEX**  
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