

Medically Supervised Exercise

Whether you are recovering from injury, living with health conditions, or are simply new to exercise, medically supervised exercise is a stress-free, personalized program tailored to fit your needs. You'll work with a certified medical professional who will guide you through workouts in a fun, yet private, setting. Workouts will be built based around your needs and abilities, and will progress in difficulty in a manner both you and your coach are comfortable with.

CANDIDATES INCLUDE:

- » Those who are recovering from injury, after any needed therapy is complete
- » Living with health conditions that will benefit from closer medical supervision
- » New to fitness
- » Seeking a more private and individualized workout
- » Living with physical limitations
- » Looking for a supervised physical activity program to support healthy weight

SESSIONS AVAILABLE

Individual Session	30 min \$35
	45 min \$52.50
	60 min \$70
Semi-Private <i>(2-4 Participants)</i>	30 min \$20
	45 min \$30
	60 min \$40
Group Sessions <i>(5-8 Participants)</i>	60 min \$15/person

PACKAGES

Purchase 6 sessions and receive **10% off**

Purchase 12 sessions and receive **15% off**



For more information or to register, call the Sanny & Jerry Ryan
Center for Prevention & Genetics at 701.732.7620

4401 S. 11th St – inside Choice Health & Fitness