



WELLNESS CENTER

MEMBER SERVICES

Monthly Plan

Initial Orientation Only

Basic: \$30 per month

Annual Plan

- Initial Assessment and ExRx
- ExRx Quarterly Progression
- Semi-Annual Assessment

Individual	\$310
Family II	\$515
Family Plus	\$575



AULTMAN
SPORTS AND WELLNESS

For more information, visit:
Aultman.org/SportsAndWellness

*Call to schedule your
health and exercise
assessment today!*

Orrville: 330-684-4732

Carrollton: 330-627-6801

Each Plan Includes:

- Monthly basic plan includes an initial orientation only.
- Annual membership plans include an initial assessment and personal exercise prescription with quarterly program progression and semi-annual assessment.
- Annual memberships include one general freeze and medical freezes (based upon physician's script).
- Updated exercise prescription with a physician's script.
- Nutrition education.
- Health coaching.
- Supervision by professional staff.
- FREE group exercise class.
- Program discounts.
- Towel and locker room services.
- Facility usage.

Plan Details:

- Individual Member: must be 13 years of age or above.
- Family II Membership: must be two members of the same household. If one member is 10-12 years of age, the primary member must be 18 years of age or older and be actively engaged in the dependent's exercise program.
- Family Plus Membership: must be three or more members of the same household. If any member is 10-12 years of age, the primary member must be 18 years of age and be actively engaged in the dependent's exercise program.
- Members with Active & Fit, Renew & Active, Silver & Fit or Silver Sneakers are accepted for a basic membership and are eligible for an initial assessment/ExRx and semi-annual assessment/quarterly progression.

Professional Staff

- Each of our exercise specialists holds at least a bachelor's degree in their in their respective profession.
- Additional certifications among our staff include: certified strength and conditioning specialist, corrective exercise specialist, performance enhancement specialist, certified health coach and certified personal trainer.
- Daily floor supervision is provided by our professional staff during all hours of operation.

Services:

- Health and Exercise Assessment
- Personalized Exercise Prescription Plan
- Tanita Body Composition Analysis
- Individual Training Sessions
- Transition Programs (following physical therapy, cardiac rehab, MEDs Clinic)
- Group Exercise Classes
- Healthy Lifestyles Weight Management Program
- Health Coaching
- Nutrition Education
- Community Wellness & Education
- Medicare Fitness Approved Provider Programs:
 - » Silver Sneakers, Silver & Fit, Active & Fit, Renew & Active

Assess. Train. Fuel. Learn. Recover. Progress.

Sports and Wellness's unique program led by our exercise specialists, certified strength and conditioning specialists, nutrition educators, and health coaches are committed to helping you reach your goals.

Whether you are new to health and wellness or have been on your journey for some time, we are here to help you:

- Make healthy lifestyle changes
- Use clinical exercise for chronic health condition
- Move better for a better quality of life
- Lose weight/reduce body fat
- Improve your health/fitness
- Enhance recreational/sports performance
- Improve your metabolic age

Locations:

Orrville

Hours of Operation

Monday - Friday: 7 a.m. - 4 p.m.

Saturday: Closed

Sunday: Closed

365 S. Crown Hill Rd.
Orrville, OH 44667
330-684-4732

Carrollton

Hours of Operation

Monday - Thursday: 8 a.m.-5 p.m.

Friday: 8 a.m.-2 p.m.

Saturday: Closed

Sunday: Closed

1020 Trump Rd. NW
Carrollton, OH 44615
330-627-0091, Ext. 1

