

McLeod Health & Fitness Center

Membership Opens Up New Horizons of Fitness for You

Adult Memberships:

Adult Memberships give you access to the exercise equipment and fitness amenities.

Youth Memberships:

Youth Memberships gives your children – aged 5 to 11 years – access to a world of programs at the McLeod Activity Center for Kids.

(**Family Memberships** are also available.)

Corporate Memberships:

Corporate Members gain the benefit of discounted dues packages for employees of qualifying businesses.

Medical Memberships:

Bridge the Gap Between Therapy and General Wellness

Three-month individual Medical Memberships apply to individuals diagnosed with a medical condition. These memberships provide a positive resource for patients after their physical therapy and/or rehabilitative programs.

To qualify you must have **1)** a referral from a physician, physical therapist or occupational therapist with **2)** a physician order to exercise due to a medical diagnosis. Patients with the following medical conditions may benefit from the program:

- Musculoskeletal disorders
- Multiple sclerosis
- Stroke
- Muscular dystrophy
- Diabetes
- Obesity
- Osteoarthritis
- Other special needs
- Osteoporosis
- Hypertension
- Cancer
- Cardiac conditions
- Fibromyalgia
- Cystic fibrosis

A Medical Membership includes:

- A three-month membership to McLeod Health and Fitness Center with unlimited access to the facility.
- Two one-hour sessions with a certified personal trainer.
- Two half-hour follow-up sessions with a certified personal trainer.
- Unlimited aquatic classes.
- Detailed personal exercise plan.

Upon completion of the three-month membership, Medical Members will have 30 days to join our facility on a general membership account with NO enrollment fee. For general membership information, please contact our Membership Department at (843) 777-3000.

Enrollment Procedures:

All clients must be diagnosed by a physician before the start of this program. Each patient must have a written referral from either his/her Physician, Licensed Physical Therapist or Occupational Therapist. Once you have a written referral, call our Director of Fitness Services at (843) 777-3070. An appointment will be scheduled to complete your enrollment process. Please bring your written referral to this appointment. Payment is required before the start of the program.