

McLeod Health & Fitness Center

Membership Opens Up New Horizons of Fitness for You. For general membership information, please contact our Membership Department at (843) 777-3000.

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

Two-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 two-month membership to McLeod Health and Fitness Center with unlimited access to the facility.
- Four 30-minute sessions with a certified personal trainer.
- Unlimited aquatic classes.
- Detailed personal exercise plan.

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 Fitness Services Manager at (843) 777-3017. 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.

Upon completion of the two-month membership, Medical Members will have 30 days to join our facility on a general membership account with NO enrollment fee.