



WELLNESS

HOSPITAL-BASED

CENTER

MEMBER SERVICES

Monthly Plan

Initial Orientation Only

Basic: \$30 per month

Annual Plan

- Initial Assessment
- ExRx and Quarterly Assessment
- ExRx Progression

Individual ACH	\$310 \$27 month
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Family II ACH	\$515 \$45 month
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Family Plus ACH	\$575 \$50 month
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Each Plan Includes:

- Monthly basic plan includes an initial orientation only.
- Annual membership plans include an initial assessment and personal exercise prescription with quarterly reassessments and program progression.
- Annual memberships include one general freeze and medical freezes (based upon physician's script).
- Updated exercise prescription with a physician's script.
- Nutrition education.
- Lifestyle coaching.
- Daily floor supervision by degreed 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 one other member must be 18 years of age or older "primary" member and be actively engaged in the dependent's exercise program.
- Automated Clearing House (ACH) membership is an automatic payment plan that withdraws monthly from checking/savings accounts for a 12-month contract. Beyond the 12-month obligation, the membership continues until the member signs a APP cancellation form.
- Members with Silver&Fit and SilverSneakers benefits are accepted for a Basic Membership and are eligible for an initial assessment/ ExRx and semi-annual assessment/ExRx progression.



**Call to schedule your
obligation-free health and
exercise assessment today!**

330-684-4732



Degreed Professional Staff

- Our degreed health care professionals include exercise physiologists and certified athletic trainers, each with a minimum bachelor's degree in their respective professions.
- 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 degreed professional staff during all hours of operation.

Health and Exercise Assessment

Annual memberships receive an initial assessment which determines their starting point to direct their exercise program (ExRx) and show progress with their continued effort. Assessments evaluate health and wellness standards in resting heart rate, blood pressure, body composition, flexibility, muscle strength/endurance, and aerobic ability based upon age and gender.

Facility Usage

Aultman Orrville Sports & Wellness members have unlimited access to our facility during hours of operation. This includes the use of state-of-the-art cardiovascular and strength training equipment, free weights, stability balls, resistive tubing and bands, and various other equipment designed for functional exercise.

Personal Exercise Prescription Plan

Our degreed staff will design an individualized exercise plan/prescriptions (ExRx) based upon your health and exercise assessment needs in support of the Exercise is Medicine™ initiative. New ExRxs are issued after reassessments, or for an additional cost on a more regular basis.

Exercise is Medicine™ Initiative

Our wellness program follows health/fitness standards of the American College of Sports Medicine and is in support of this global initiative. Our services specialize in designing exercise plans to reduce the risk and/or manage chronic disease for members in communication with their physician's plan of care.

Specialty Programs

Aultman Orrville Sports & Wellness is an approved provider for Silver&Fit and SilverSneakers members. Those eligible receive an initial health and exercise assessment, in addition to their own exercise prescription plan. Reassessments and new ExRx are offered on a semi-annual basis for this program. Your exercise plan will be directed by a degreed health care professional that can gradually lead you to improved health and wellness. Call today to see if you qualify.

General Freeze

Members may, for any reason, place a membership on hold for one month on an annual basis. Membership expiration dates are extended for the one month freeze. Members must notify staff in advance of a general freeze.

Medical Freeze

Memberships may be placed on hold for medical reasons for up to six months. Obtain a script from your physician with an anticipated date of return. Membership expiration dates are extended to reflect the amount of time the membership has been "frozen."

Health Coaching

Our staff works with members to develop appropriate lifestyle goals to promote behavior change for optimal health and wellness. This includes setting S.M.A.R.T. goals, working with time management to fit in exercise, prioritizing your exercise plan for maximum results, utilizing stress management techniques and learning how to lead an active lifestyle in the midst of personal limitations.

Nutrition Education

Our staff will provide nutrition education for enhanced health, performance and quality of life through daily interaction, during assessments, and through programs and newsletters. Staff will discuss and provide nutrition education to promote a balanced diet, proper portion sizes, understanding food as fuel and good eating habits to help you accomplish your goals.



365 S. Crown Hill Road • Orrville, OH 44667

Hours of Operation

Monday-Friday: 6 a.m. - 7 p.m.

Saturday: 8 a.m. - noon

Sunday: CLOSED