



Dear Graduates of Steps to Wellness,

We are delighted that you are motivated and committed to pursue your personal health goals at the gym located at 62 Tilley Drive.

Oncology rehabilitation graduates continuing to exercise at Tilley Drive will join the Phase III Cardiac rehab gym membership.

The following hours are available:

Monday: 6:30 AM-8:00 AM and 12:00 PM-7:00 PM
Tuesday: 6:30 AM-8:30 AM and 10:30 AM-7:00 PM
Wednesday: 6:30 AM-8:00 AM and 12:00 PM-7:00 PM
Thursday: 6:30 AM-8:30 AM and 10:30 AM-7:00 PM
Friday: 6:30 AM-8:00 AM and 12:00 PM-5:00 PM
Saturday: 7:30 AM-9:30 AM

The fee structure for continuing use of the gym is as follows:

Monthly Rate: \$40
Quarterly Fee: \$110
Annual Value Pack: \$400

If you are interested in taking advantage of this program please proceed to the Cardiology Front Desk and let the staff member know you would like to take part in the Phase III Cardiac Rehab Gym Membership. You can pay by cash, check or credit card
** First payment is due prior to entry into program. Please note, if visits are started in the middle of the month, fees will be prorated to start on the 1st of the following month*

Program Features and Benefits:

- Opportunity to update your annual exercise testing
- Optional orientation to resistance/strength training (weights)

Our goal is to make sure that everyone that is motivated to exercise continues to have access to the gym. We are raising money to set up a scholarship program for people that cannot afford the full fee. If you would like to continue to work out, but find this fee to be a challenge please ask Rebecca or Britta for the respective financial aid forms. We want to work with you to make sure you are able to continue the good work you are doing and to achieve great personal health goals.

Sincerely,

Your Steps to Wellness Team