

ORTHOGEORGIA WELLNESS CENTER MEMBERSHIPS, SERVICES & FEES

“EXPECT TO BE WELL”

WWW.ORTHOGA.ORG

478.254.5364

LSENEKER@ORTHOGA.ORG

REGISTRATION (ONE TIME FEE)

\$75/By Appointment Only

\$50 Employees (can be payroll deducted)

- State-of-the-art Polar BodyAge Assessment
- Health Risk Assessment
- Body Composition Assessment
- Strength Assessment
- Cardiovascular Fitness Assessment
- Blood Pressure & Optional Blood Chemistry Assessment
- Facility & Equipment Orientation
- Exercise Prescription

MONTHLY MEMBERSHIP

FREE – Employees

Family – (defined as Spouse and Children) - \$10 per month

\$50 Individual

\$80 Family of Two

\$100 Family of Three or More

(no contract is required but a 10% discount is offered for a 6 month pre payment)

- Unlimited access to gym equipment during business hours
- Supervised, individualized, prescription-guided fitness program
- Periodic re-assessment and progression of your fitness program
- Free access to lockers and showers
- 10% Discount for 6 month commitment
- Payment via EFT is available as a convenience to you

GROUP CLASSES – SEE WELLNESS CENTER DIRECTOR FOR TIMES

Boot Camps, Yoga and Tai Chi

Partnership between doctors, therapists, and wellness personnel to ensure the best quality care and wellness programming for each individual's needs.



ORTHOGEORGIA
Orthopaedic Specialists

MESSAGE THERAPY – SEE WELLNESS CENTER DIRECTOR FOR A REFERRAL TO LOCAL MESSAGE THERAPIST

PERSONAL TRAINING (SEE BELOW FOR ADDITIONAL PRICING)

\$30 per 30 min session

\$50 per 60 min session

By Appointment Only/24 hour cancellation notice requested

Lisa Seneker graduated from Auburn University in 1987. She is a nationally certified Personal Trainer and has been an instructor in the fitness industry for 14 years. She specializes in general wellness programming and core body strength. Lisa enjoys teaching group classes such as yoga and boot camps, in addition to personal training. She is the Manager of OrthoGeorgia Wellness.

Personal training is a worthy investment in your health because you learn to use proper form as you exercise, workout harder and more efficiently than you would on your own, and receive encouragement throughout your workout which helps keep you motivated and accountable.

- Professionally certified personnel will work with your doctors and therapists to develop an exercise program that will target goals such as weight loss, strength gain, improved performance, improved balance, and much more.
- Each session will be fully supervised, with your personal trainer guiding and encouraging you through your entire workout.
- The benefits of personal training in addition to membership include:
 - Accountability
 - Encouragement
 - Faster results
 - Education on proper form during weight training
 - Additional supervision and guidance
 - A varied, comprehensive, and evolving training program
- Cost-effective partner rates and multiple-session packages are available: see insert.

PHARMACY

Our pharmacy technicians care about your health and wellness! We offer the best line of vitamins and supplements to enhance and complement your training program. While you're here, pick up your prescriptions as well. You'll never need to make that "one more stop" to the pharmacy before you get home. Pharmacy hours are 8:00 am to 5:30 pm Monday through Friday.

NUTRITION SERVICES

The staff of OrthoGeorgia Wellness can assist you in making healthy lifestyle changes, including improving your eating habits! We will guide you through the USDA's 2011 Dietary Guidelines and encourage you in your pursuit of total body wellness. See www.myplate.gov. You might also try www.livestrong.com.

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If you would like more in-depth nutritional services, we will happily refer you to one of our trusted colleagues.

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