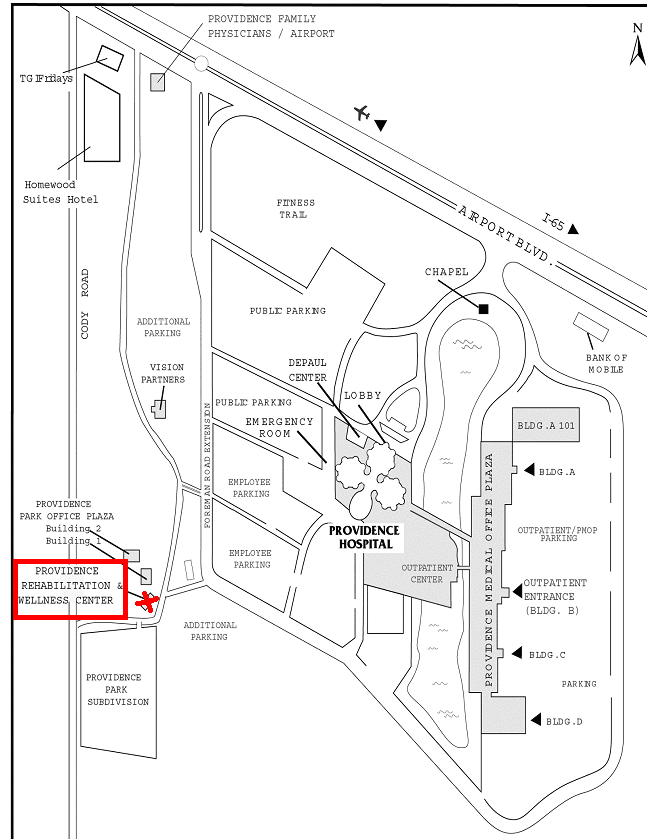


Programs and Services

- ◆ **Metabolic Testing**
- ◆ **Body Composition Assessment**
- ◆ **SilverSneakers®**
- ◆ **Water and Land Aerobics**
- ◆ **Pre/Post Natal Classes**
- ◆ **Resistance Training**
- ◆ **Circuit Resistance Training Class**
- ◆ **Abs & Stretching Class**
- ◆ **Cardiopulmonary Rehabilitation**
- ◆ **Aquatic Cardiac Rehabilitation**
- ◆ **Special Needs Programs**
- ◆ **Fibromyalgia Aquatic Classes**
- ◆ **Tai Chi Classes**
- ◆ **Yoga Classes**

Providence Hospital Campus Map



PROVIDENCE HOSPITAL Rehabilitation & Wellness Center

Providence Rehabilitation & Wellness Center
6904 Providence Park Drive
Mobile, AL 36695
(251) 639-2090 Fax: (251) 639-2091



PROVIDENCE HOSPITAL
Rehabilitation & Wellness Center

Adult Wellness Program



(251) 639-2090

The **Adult Wellness Program** at Providence Hospital provides medically oriented exercise and education designed to assist individuals improve their functional ability and health. The Adult Wellness Program is classified by the American Heart Association (AHA) and the American College of Sports Medicine (ACSM) as a Level 4 facility. A level 4 facility is defined as a medical wellness center that serves clients with clinical needs (i.e. diabetes, high blood pressure, and high cholesterol) and has emergency equipment on site as well as certified ASCM Health/Fitness Instructors and Exercise Specialists. Our staff consists of qualified professionals who have obtained college degrees at the bachelor and master levels, as well as national certifications from American College of Sports Medicine.

Entrance Requirements

- Completion of the Health History Questionnaire (available at the center)
- A signed Physicians' Referral
- Graded Exercise Test (if required by referring physician)
- No hospitalization from cardiac or pulmonary disease within the past year. (those with existing cardiac or pulmonary disease may be recommended to our Cardiopulmonary Rehab. Program for evaluation.)



25 yard heated pool (86°–88°)

Program Design

You will be given an aerobic capacity assessment with the New Leaf metabolic system. The results will help our exercise professionals determine your individual exercise intensity that will maximize your personal fitness goals.

You will be instructed on the proper use of the equipment so that injuries may be prevented and benefits realized.

You will be given the opportunity to review your exercise program and it's progress with an exercise physiologist to help you stay motivated and on course with your fitness goals.

Professional staff are available at all times for any questions or concerns you may have.

Adult Wellness Members Have Unlimited Access to:

- Y The Cardiovascular Exercise Gym
- Y Weight machines and Dumbbells
- Y Water Aerobic Classes
- Y Land Aerobic Classes
- Y 25 Yard Indoor Heated Pool

Fees

Regular Adult Wellness membership fees are \$46.00 per month with a \$85.00 registration fee. Pool Only fees are \$35.00 per month with \$50.00 registration. Senior Citizen and couple rates are available.

Hours of Operation

Monday-Thursday	5:30 AM-8:00 PM
Friday	5:30 AM-7:00 PM
Saturday	8:00 AM-1:00 PM
Sunday	1:00 PM-5:00 PM

Call (251) 639-2090
for more Information
www.providencehospital.org