



COMMUNITY CENTER CLINICAL EXERCISE: WARM WATER THERAPY AND LAND THERAPY

Mason Community Center offers a medically based exercise program for individuals who need help developing a fitness routine to improve strength, flexibility, and cardiovascular conditioning. After discussing your current medical condition with a Certified Athletic Trainer, you will work with your trainer to develop or modify a fitness routine specifically for you. This may be a land-based or water-based program. Due to the high-resistance, low-impact environment of water, Clinical Exercise in the Warm Water Therapy Pool is ideal for a wide variety of individuals and injuries.

Please note that a medical referral from your physician is required to be considered for the program.

CLINICAL EXERCISE PROGRAM

NEW! Introductory Clinical Exercise Sessions

Three 30-Minute Introductory Sessions	\$76
Three 1-Hour Introductory Sessions	\$106

NEW! 30-Minute Sessions	Premier	Basic	Non-Member
One 30-Minute Session	\$40	\$48	\$72
Four 30-Minute Sessions	\$144	\$170	\$220
Eight 30-Minute Sessions	\$216	\$255	\$305

1-Hour Sessions	Premier	Basic	Non-Member
One 1-Hour Session	\$60	\$71	\$107
Four 1-Hour Sessions	\$216	\$255	\$305
Eight 1-Hour Sessions	\$422	\$497	\$547

Please contact the Wellness Supervisor at 513.229.8555 ext. 5546 for more information or for registration.

Get energized. Get active. Get connected. *Get here!*

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MASON, OHIO 45040
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