



COMMUNITY CENTER CLINICAL EXERCISE WARM WATER THERAPY

Warm Water Therapy Pool Clinical Exercise participants: As a special promotion to non-members, participants may purchase their first program package (for use of the Warm Water Therapy Pool only) at the Basic member rate.*

Through the Clinical Exercise Program, patrons can continue to improve strength, flexibility, and cardiovascular conditioning. Due to the high-resistance, low-impact environment, Clinical Exercise in the Warm Water Therapy Pool is ideal for a wide variety of individuals and injuries.

Packages for a one-on-one aquatic exercise session with a Certified Athletic Trainer can be purchased in one-, four-, or eight-session increments.

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

CLINICAL EXERCISE PROGRAM

1 Hour	Premier	Basic	M-Res	Non-Member**
1 Session	\$51	\$60	\$75	\$90
4 Sessions	\$125	\$146	\$183	\$219
8 Sessions	\$238	\$280	\$350	\$420

*Additional sessions may be purchased according to membership status or residency. Offer is redeemable once per year per participant.

**Discounted pricing is based on Premier or Basic membership to the Mason Community Center and residency within Mason city limits. All others may purchase sessions at the non-member rate.

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!*

MASON COMMUNITY CENTER

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