

CUSTOMIZED EXERCISE PROGRAM

For a customized exercise program, you can make an appointment with a personal trainer who will design a program that will address your fitness needs and train you on a one-on-one basis during your entire 45-60 minutes exercise session for an out-of-pocket of **\$60** per session. The following list of conditions are typically addressed:

- Weight loss.
- General conditioning.
- Endurance training.
- Strength training.
- Balance training.
- Flexibility training.
- Pre-surgical exercise/conditioning.
- Post-surgical exercise/conditioning.
- Post-physical therapy rehabilitation.
- Phase 3 cardiac rehabilitation.

Priority Fitness

415 S. Main St
Canyonville, OR 97417
(541) 839-4998

Open Hours:

M-Th: 8:00 am-5:00 pm
Fri: 8:00 am-12:00 noon



EXERCISE EQUIPMENT

- Treadmills.
- Stationary/recumbent bikes.
- Elliptical machines.
- Cardioglide machines.
- Stairclimbers/stair steppers.
- Upper body ergometer exerciser.
- Free weights.
- Universal weight system.
- Pilates equipment.
- Exercise pulley system.
- Balance equipment.
- And much more...

FEES AT A GLANCE

Individual Gym Membership:

1 Month: \$35
3 Months: \$95
6 Months: \$190
12 Months: \$375

Family Gym Membership (2 Adults):

1 Month: \$60
3 Months: \$160
6 Months: \$320
12 Months: \$640

Guest Pass (Must go with member):

Daily Fee: \$7

(Note: All transactions are final and non-refundable. All individuals must sign a disclaimer or waiver prior to joining Priority Fitness)



PRIORITY FITNESS



LOCATIONS:

Grants Pass: 541-955-0940
Canyonville: 541-839-4998
Cave Junction: 541-592-6580

WEBSITE:

www.RiversidePhysicalTherapy.org



PRIORITY FITNESS

We are a privately owned personalized fitness center and we have teamed up with Riverside Physical Therapy to provide you with continued and uninterrupted customized exercise program to meet your mobility and functional needs, as well as improve your physical fitness level. **We are also open to the public.** We can develop a customized exercise program to meet your fitness goals.

MISSION AND GOAL

Our mission and goal is to provide you with high quality customized exercise program to maintain or improve your fitness level in a friendly and non-intimidating environment, as well as integrate your individualized fitness program into your lifestyle.

OUR MOTTO

“Your health is our #1 priority!”

MEMBERSHIP

Priority Fitness is open to the public. Membership is only open to ages 21 and above. Our membership fee is \$35 per person per month. Unlike other fitness centers, there are **no year-long contracts or initial sign-up fees.** You pay on a **month-to-month basis.** This fee is paid on the first day of each month and no amount is refundable regardless of any unused portions or missed days. Prior to joining Priority Fitness, it is advisable that you see your primary care physician if you have any concerns about your health. **However, we can also perform a health fitness screen if needed.**

INSURANCE COVERAGE

Depending on your health insurance carrier, this may be a covered fitness/wellness benefit to you. Please call and check with your health insurance if your plan covers this. If you are eligible for Medicare, the following supplemental insurance plans provide coverage for Priority Fitness membership fees:

- Allcare/CareSource
- AARP - SilverSneakers
- United Health - SilverSneakers
- Humana - SilverSneakers
- Providence - SilverSneakers
- Regence BCBS - SilverSneakers
- CIGNA - SilverSneakers
- Health Net Option 1 - SilverSneakers
- ODS/Moda - Silver&Fit
- ATRIO Health Plans

LOCATIONS

Priority Fitness
544 Union Ave
Grants Pass, OR 97527
(541) 955-0940

Open Hours:
M-Th: 8:00 am-12:00 noon
1:00 pm-5:00 pm
Fri: 8:00 am-12:00 noon



Priority Fitness
218 N. Redwood Hwy
Cave Junction, OR 97523
(541) 592-6580

Open Hours:
M-Th: 8:30 am-1:00 pm
2:00 pm-5:30 pm
Fri: 8:30 am-12:00 noon

