

CUSTOMIZED EXERCISE PROGRAM

For a customized exercise program, you can make an appointment with a **Certified 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 expense of **\$39 per individual session for members.** The following list of conditions are typically addressed:

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

Priority Fitness

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

Open Hours:

Daily: 5:00 am - 12:00 midnight
(With Scan Card)



EXERCISE EQUIPMENT

- Treadmills
- Stationary/recumbent bikes
- Elliptical machines
- Stairclimbers/stair steppers
- NuStep® exercise machines
- Universal weight system
- Free Weights

MEMBERSHIP FEES

Individual Gym Membership:

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

Couple Gym Membership (2 Adults):

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

Platinum Gold Membership:

24-hr Gym Access: Add \$10 per month to membership fee

Guest Pass:

Daily Fee: \$7

Personal Trainer Fee (Members):

\$39 per individual session (45-60 min)

Personal Trainer Fee (Nonmembers):

\$45 per individual session (45-60 min)



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 18 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 free 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 may provide coverage for Priority Fitness membership fees through Silver&Fit or SilverSneakers (Tivity):

- Allcare
- AARP
- United Health
- Humana
- Providence
- Regence BCBS
- CIGNA
- Health Net
- ODS/Moda
- 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:
Daily: 6:00 am - 8:00 pm
(With Scan Card)

