

ShandsFitness and Wellness Center

Shands Medical Fitness Membership

Welcome to the Shands Fitness and Wellness Center Medical Fitness Program. With this membership, each visit you attend, our staff will not only design your workout for the day, but also supervise the workout.

Shands Medical Fitness 12 visit membership: _____ Initials

The Shands Medical Fitness 12 visit membership requires a referral from a healthcare provider. The member will have 12 visits each month that will have a supervised workout by the Shands Fitness and Wellness Center staff. The other days during that month, the member may participate in their own self-guided workout. Each member must make an appointment for the Medical Fitness workout.

Workout Hours: Monday-Friday from 5:30am-9pm and Saturday 7am-1pm.

Scheduling Appointments: Appointments can be made at www.fitness.ufandshands.org. If you do not schedule an appointment for Medical Fitness, you will have a self-guided workout for that day.

Check-in procedure: All members will be given a 4 digit code to be entered into the shape.net membership system upon arrival. All check-ins are date and time stamped in the shape.net membership system.

Membership Fee: \$75/month.

Workouts: 12 workouts each month. No rollover workouts. Any unused workouts will be lost. Unlimited self-guided workouts.

Membership Length: month to month

Shands Medical Fitness Unlimited membership: _____ Initials

The Shands Medical Fitness unlimited membership requires a referral from a healthcare provider. The member has unlimited supervised workouts by the Shands Fitness and Wellness Center staff. Members may also participate in their own self-guided workout. Each member must make an appointment for the Medical Fitness workout.

Workout Hours: Monday-Friday from 5:30am-9pm and Saturday 7am-1pm.

Scheduling Appointments: Appointments can be made at www.fitness.ufandshands.org. If you do not schedule an appointment for Medical Fitness, you will have a self-guided workout for that day.

Check-in procedure: All members will be given a 4 digit code to be entered into the shape.net membership system upon arrival. All check-ins are date and time stamped in the shape.net membership system.

Membership Fee: \$85/month or \$237/3 months (\$79/month).

Workouts: Unlimited supervised and self-guided workouts.

Membership Length: month to month or 3 month memberships

Shands Medical Fitness 10 pack membership: _____ Initials

The Shands Medical Fitness 10 pack membership requires a referral from a healthcare provider. The member has 10 supervised workouts by the Shands Fitness and Wellness Center staff that must be completed within a 6 month time period. Each member must make an appointment for the Medical Fitness workout.

Workout Hours: Monday-Friday from 5:30am-9pm and Saturday 7am-1pm.

Scheduling Appointments: Appointments can be made at www.fitness.ufandshands.org. If you do not schedule an appointment for Medical Fitness, you will have a self-guided workout for that day.

Check-in procedure: All members will be given a 4 digit code to be entered into the shape.net membership system upon arrival. All check-ins are date and time stamped in the shape.net membership system.

Membership Fee: \$100 for 10 workouts. Workouts must be completed within 6 months of the first workout.

Workouts: 10 supervised workouts.

Membership Length: 10 visits within 6 months

- -A Medical Freeze may be placed on your membership due to a medical condition. A note from an MD must be presented to initiate the freeze and to unfreeze the membership. You will be responsible for fulfilling the entire membership once the freeze is lifted. There is no fee for a medical freeze.
- -A Membership Freeze for those who may be out of town for several months is now available. This will cost \$10/month to put your membership on a freeze. You will be responsible for fulfilling the entire membership once the freeze is lifted.