



## *Questions & Answers*

### **What is included in the Fit Rx program?**

As a Fit Rx participant, you will have full access to our Carilion Wellness facilities for 60 consecutive days and four one-hour personal training sessions to be used throughout the program. Group exercise classes are included at no additional cost.

### **Is an exercise prescription required in order to be able to take advantage of the 60-day medical membership for \$60?**

Yes, the Fit Rx program is exclusive to patients referred by their doctor or clinician in order to improve a medical condition through increased physical activity.

### **Is a personal trainer included in the \$60 fee?**

Yes, four training sessions are included to keep you on track.

### **Are my family members included on my temporary membership?**

Child care is available for children under 15 years of age at the Roanoke and Botetourt locations. The Youth Services hours of operation are Monday through Friday, 8 a.m. - 8 p.m., and Saturday/Sunday, 8 a.m. - 5 p.m.. You have the option of including additional family/household members 15 years and older on your membership for \$60 per person.

If a child, under the age of 15, participates in Fit Rx, the parent will receive a complimentary membership in order to bring the child to the facility. In this case, additional household members 15 years of age or older can be added for \$60 each.

### **What are the hours of operation?**

The Roanoke and Botetourt locations are open Monday - Friday from 5 a.m. - 10:30 p.m., and Saturday/Sunday from 7 a.m. - 7 p.m.. The Downtown Roanoke location is open Monday - Friday from 5:30 a.m. - 7 p.m., and Saturday from 8 a.m. - 2 p.m.. The CRC location is open Monday - Friday from 5:30 a.m. - 9:30 p.m., Saturday/Sunday from 7 a.m. - 4 p.m.

### **Is there a commitment to join after the 60-day membership has expired?**

There is no commitment to join upon the expiration of your 60-day membership. If you choose to join Carilion Wellness upon completion of the program, you will receive a discounted initiation fee and 20 percent off of the first personal training package you purchase.

### **Can I do the Fit Rx program more than once?**

You may complete the Fit Rx program once per year, and must be for a different medical condition.