



Getting Started – 2 Easy Steps

- 1** Ask your doctor for an **exercise prescription** that will give you access to our 60-day medical membership for \$60.
- 2** Contact one of our Carilion Wellness Fitness Managers to **set up an initial consult** and get you started with a personal trainer!

For additional information, please contact **one of our Fitness Managers** at 853-0000.