

Phase III

Tuesdays & Thursdays
9:30 - 10:30 am

or

Mondays & Wednesdays
12:00 - 1:00 pm

Our Phase III Program allows your continuing focus on health. For those that are interested, we monitor oxygen levels, heart rate, and blood pressure before and after your exercise to ensure your health and safety.

Get 8 sessions for \$55, or get 8 sessions and a one month gym membership for \$70.

Get to know your Fitness Center

Our Phase III Program is designed to:

- Introduce new members to our facility and get you comfortable and familiar with the equipment.
- Incorporate new means of exercise such as strength training, machines, and free weights.
- Encourage you to be as independent as possible.



To learn more, call 906.483.1149 or
email Emma.Huhta@lifepointhealth.net
or Susan.Rosemurgy@lifepointhealth.net

Find us online at
PortageHealth.org



This facility and its affiliates comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-906-449-3000 (TTY: 1-906-449-3000).

نإف، نإف لىل ركذا تىحت تنك اىل: نىوچ لم. (1-906-449-3000: م كبل او مصل ال فتاه م قىر (1-906-449-3000) م قىر لىست. نأچ لم اب كل رفاوتت قىوغل لىل ندىعاس لم ال تام دىخ