PHYSICAL THERAPY TO **CERTIFIED PERSONAL TRAINING**

Clarinda Regional Health Center

Your journey to better health doesn't have to end when physical therapy does! Our Certified Personal Training Programs bridge the gap between recovery and reaching your fitness goals.

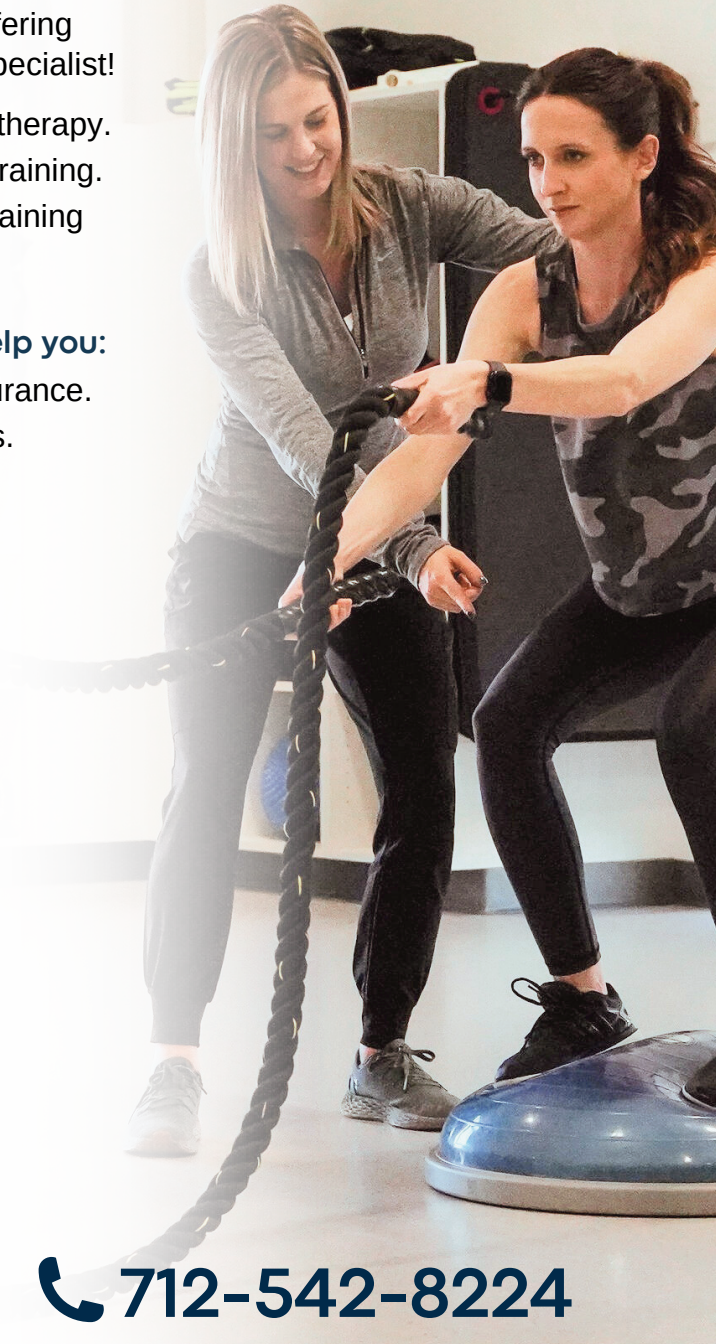
EXCLUSIVE DISCOUNT OPPORTUNITY:

Following your discharge from physical therapy, we're offering discounted personal training sessions with a Wellness Specialist!

- Your referral is valid for 90 days after discharge from therapy.
- Discounts apply to your first 10 sessions of personal training.
- After completing your 10 sessions, normal personal training rates will apply.

Our Personal Training programs are designed to help you:

- Continue making progress in building strength & endurance.
- Transition smoothly from rehab to independent fitness.
- Achieve your long-term physical health goals.



1. Express 1:1 Sessions

$130.00 - *$30.00 savings!*

- Ten 30-minute training sessions
- One-on-one focus from your trainer
- Customized workout built for you
- Guidance & support during the session

2. Endurance Sessions

$160.00 - *$40.00 savings!*

- Ten 45-minute training sessions
- One-on-one focus from your trainer
- Customized workout built for you
- Guidance & support during your session

712-542-8224

DEXA Body Composition Scan

$30.00 [added to your session package above]

A self-pay service offering detailed reports on body composition, muscle mass, internal fat, and more. This valuable information helps therapists and trainers target specific areas and track your progress. Ask your trainer or therapist for details or help scheduling a scan.