

# **POST-REHAB MEMBERSHIPS**

## **DESCRIPTION:**

The Huntington YMCA May Building offers a three month "Post-Rehab" Membership to any non-YMCA member who wishes to use exercise as a means of continuing the rehabilitation process outside of the typical clinical setting. This includes a three month May Building Membership and allows privilege to all of the facilities and programs available to a regular May Building Member (Fitness Center, Weight Room, Pools, Locker Rooms, All Land and Aqua Aerobic Classes etc.). The cost of the three month "Post-Rehab" Membership is \$150.00, and is renewable only once. A letter from a physician stating the physical condition and the subsequent exercise prescription, along with a medical clearance form stating any and all physical limitations and restrictions is required for the purchase of this membership.

## **POINTS OF INTEREST:**

- ❖ Three Month May Building Membership
- ❖ Access to all land and water aerobics classes
- ❖ Warm water pool access
- ❖ A letter of exercise prescription and medical clearance from a physician is required for membership
- ❖ Orientation to the fitness center equipment

## **COSTS:**

- ❖ The cost of this program is \$150.00 for the three month "Post-Rehab" Membership
- ❖ Membership is renewable only once
- ❖ Additional program costs apply as they would under a normal membership

## **CLASS TIMES:**

- ❖ Please see the Aerobics class schedule for the days and times the land and water classes are offered.

## **CONTACT INFORMATION:**

- ❖ Contact the Member Services Office @ the Huntington YMCA, 525-8127, for more information or to enroll.
- ❖ Come take a look at the programs and facilities that we have to offer and receive a two day guest pass to try the YMCA facilities:

**Huntington YMCA May Building**  
**935 10<sup>th</sup> Ave**  
**Huntington, WV 25701**  
**(304) 525-8127**  
**[huntingtonymca.org](http://huntingtonymca.org)**