

Tri Valley Health System Announces Hours and Rates for New Wellness and Rehab Center

With the major renovations complete, Tri Valley Health System's Healthy Living Center opened in March of 2011. The Center houses Tranquil Valley Health Spa, Tri Valley Diagnostic Sleep Lab, Tri Valley Nutrition Services and Cornerstone Dining, as well as the new Wellness and Rehab Center.

"We are really focused on creating an atmosphere of health and wellness throughout the Healthy Living Center to foster physical fitness, good nutrition, and preventive care." said Tri Valley Residential Services Executive and Wellness Committee Chair Joyce Deaver. "This is an area that will be vibrant, energized, but also relaxing and convenient."

The Healthy Living Center was created through the renovation of the original Cambridge Memorial Hospital immediately following the move to the new facility last October. Though many aspects of the Healthy Living Center have garnered attention and excitement, the Wellness and Rehab Center has perhaps been the most anticipated.

"All of us at Tri Valley, as well as much of the public, were very eager to get the Wellness and Rehab Center open and running." added Deaver. "It has all really come together nicely and with the grant received from BryanLGH and matched by Tri Valley Medical Foundation, we were able to acquire a vast amount of quality equipment." This equipment, which includes treadmills, ellipticals, free weights, stationary bikes, and more will also feature what is known as 'cardio theatre'; a system that allows individuals to plug their headphones into the piece of aerobic equipment they are utilizing and listen to a chosen television screen.

"The cardio theatre is a great addition as it will alleviate the noise of televisions competing with one another." said Deaver. "We have really focused on making this an area that people will enjoy utilizing and also made certain we had competitive and affordable membership rates with convenient hours. Many will notice the yearly rate for singles and families is the same as the health club and those memberships will easily roll over into this new facility. We were also excited to add rates for married couples, seniors, and students."

These hours and rates are as follows:

<u>Summer Hours</u>		<u>Winter Hours</u>	
M-Th	5:00 a.m. – 8:00 p.m.	M-Th	5:00 a.m. – 10:00 p.m.
Fri	5:00 a.m. – 8:00 p.m.	Fri	5:00 a.m. – 9:00 p.m.
Sat	7:00 a.m. – 3:00 p.m.	Sat	7:00 a.m. – 3:00 p.m.
Sun	2:00 p.m. – 8:00 p.m.	Sun	2:00 p.m. – 8:00 p.m.
Single:		Married Couple:	
1 mo.	\$ 40	1 mo.	\$ 45
3 mo.	\$100	3 mo.	\$110
6 mo.	\$180	6 mo.	\$200
1 yr.	\$300	1 yr.	\$320
Family:		Student (Ages 14 – 18) & Single Senior With a 55 PLUS Card or over 65:	
1 mo.	\$ 50	1 mo.	\$ 30
3 mo.	\$120	3 mo.	\$ 80
6 mo.	\$220	6 mo.	\$140
1 yr.	\$360	1 yr.	\$260
Daily Rate or Guest Rate:			
\$5 per day			

Automatic deductions for memberships will be available for convenience and discounts are also available based upon commitment periods. In regards to the hours, it is also important to note the Wellness and Rehab

Center will be closed for the following holidays: New Year's Day (Closes early on New Year's Eve); Easter Sunday; Memorial Day; Fourth of July; Labor Day; Thanksgiving Day; Christmas Day (Closes early on Christmas Eve).

For more information about Tri Valley Health System visit trivalleyhealth.com or call 800-732-5505.