

**WHAT IS THE REHAB FITNESS CENTER?**

The Rehab Fitness Center is an exercise and wellness facility that offers cardiovascular exercise machines, free weights, weight machines, group exercise classes, and personal training.

**WHO IS ELIGIBLE FOR MEMBERSHIP?**

All Saint Agnes Hospital associates and volunteers, attending physicians, residents, contracted staff, and affiliates may join the Fitness Center. Any current or former patients of Saint Agnes Healthcare as well as Saint Agnes affiliated physicians are also eligible for fitness memberships.

**LOCATION & CONTACT INFORMATION**

The Saint Agnes Rehab Fitness Center is located on the first floor of Saint Agnes Hospital, in the outpatient Rehabilitation Department treatment area. If you have a question or need additional information please contact us at 667-234-2235 or [fitstagnes@ascension.org](mailto:fitstagnes@ascension.org).

Saint Agnes Rehab  
Mailstop 047  
900 Caton Avenue  
Baltimore, MD 21229  
667-234-7457 (phone)  
667-234-3532 (fax)

# Rehab Fitness Center

*Consultations  
Exercise Programs  
Personal Training  
Medical Fitness Program*



Saint Agnes is conveniently located off of Caton Avenue in Baltimore.

Valet parking available at Main Entrance.

# Rehab Fitness Center

For the progressive fitness, health, and well-being of Saint Agnes Healthcare associates, volunteers, physicians, residents, and former patients

## MEMBERSHIP BENEFITS

- Free orientation consultations performed by certified fitness professionals to develop exercise plans based on personal fitness level and goals
- Supervised Medical Fitness Program (MFP) for those who qualify
- Free group classes
- Use of fitness equipment and Fitness Studio
- Certified personal trainer availability: first session is free!
- Discounted personal training package for Saint Agne Healthcare associate members

## EQUIPMENT AND AMENITIES

- Aerobic conditioning equipment
- Strength training equipment
- Personal training for one-on-one, partner, or group instruction
- Group fitness classes include but not limited to: Zumba, yoga, strength training, aerobic conditioning, core and flexibility

## MEDICAL FITNESS PROGRAM

- For members who may require supervision due to a chronic medical condition.
- Medical Fitness program staff work with the referring medical professional to design a fitness plan to reach fitness goals.
- Extra assistance is available during supervised exercise.

*Please see staff for Medical Fitness supervised times.*



## MEMBERSHIP REQUIREMENTS

In order to use the facility, members must observe the following:

- Obtain physician approval for certain risk factors/ Medical Fitness Program participation
- Sign a waiver of liability
- Complete an introductory consultation and orientation to learn safe and appropriate use of the equipment

## MEMBERSHIP FEES

- \$15 start-up fee for all members
- Please contact the Fitness Center for current rates and specials!

## Non-Members

- Participation is available for drop-in group fitness classes at the rate of \$5.00 per class for non-members.

*Payments can be made by cash, check or credit card. Please make all checks payable to Saint Agnes Rehab Fitness Center.*

## HOURS OF OPERATION

### Associate Members

Available by proximity card 5:00 a.m. to 7:00 p.m. Monday through Friday

### Fitness Members

Monday through Thursday:  
7:00 a.m. to 3:00 p.m.

Friday:  
7 :00 a.m. to 4:30 p.m.