



Transitional Fitness at *Glancy Rehabilitation Center*

Transitional Fitness

Glancy Rehabilitation Center's Transitional Fitness program is geared toward helping the post-rehab patient bridge the gap between therapeutic exercise and physical fitness. This type of program can be used to address total body conditioning with special emphasis on improving strength and function.

When is Transitional Fitness Needed?

Transitional fitness is ideal for individuals who find a traditional fitness club intimidating and too fast paced for their needs. The program is designed to help former patients maximize their rehabilitation advances and gauge their level of fitness through personalized assessments through participation in open gym.

Program Offerings

Let our team of physical and occupational therapists design a specific exercise program for you. The program will be based on your present fitness level and goals and includes a complete evaluation of your current level of fitness. The assessment includes blood pressure, strength and flexibility, a gait analysis (if needed) and range of motion capabilities.

Getting Started

In order to participate in the Transitional Fitness program, you will need a physician order. Participants must be **independent** with all fitness activities, including toileting. If an individual

requires assistance, a caregiver must be present in the gym during attendance at the facility to assist as needed.

Hours of Operation and Fees

The gym features a full range of exercise equipment, including a recumbent bike and stepper, treadmill, arm bike, SaebFlex, parallel bars, hand-held weights, ankle weights and exercise balls.

Hours of Operation:

Monday - Wednesday: 10 a.m. - 2 p.m.
Thursday: Closed
Friday: 10 a.m. - 2 p.m.
Saturday & Sunday: Closed

Fees: \$30 for unlimited usage during the month

Location:

Glancy Rehabilitation Center
3215 McClure Bridge Rd.
Duluth, GA 30096

To schedule an appointment, call 678-312-6000.



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