

OUR LOCATION

FITNESS SERVICES



Marshall Medical Center North

8000 Alabama Highway 69 Guntersville, AL 35976

Therapy: **256.571.8857** (for Arab Residents 753.8857)

Fitness: **256.571.8850** (for Arab Residents 753.8850)

Marshall Medical Center South

2505 US Highway 431 Boaz, AL 35957

Therapy: **256.840.3461** Fitness: **256.840.3348**



Many Reasons. One Choice.

www.mmcenters.com

MMC104 5.09

Many Reasons. One Choice.
And Two Convenient Locations.



Get on the road to fitness and wellness, just down the road at Marshall Medical.

You'll find easy access to health, fitness, and a whole lot more at our Therapy Plus Fitness centers. Located at both Marshall Medical Center North and Marshall Medical Center South, our Therapy Plus Fitness centers are equipped with the latest fitness, wellness, and rehabilitative technologies available.

Our professional staff is available to help you develop a fitness plan tailored to your specific needs. In addition, we offer a full range of physical rehabilitation services, sports medicine, occupational therapy, cardiac rehabilitation, and much more – all provided by highly trained medical professionals and dedicated specialists. We also offer periodic health fairs and various health screenings at both locations.

Our Therapy Plus Fitness centers are available for our patients' use as well as to the general public. It's just another way that Marshall Medical is here to help keep you in the best of health.



Fitness Services

- *Computer monitored cardio equipment*
- *Cybex® and Body Masters® weight machines*
- *Free weights*
- *Indoor heated therapy pool*
- *Indoor Olympic-size lap pools*
- *Complete dressing rooms with lockers*
- *Variety of aerobics classes including: yoga, Pilates, step, kickboxing, body sculpting, circuit, low-impact, and fitball*
- *Water aquatics classes including: splash and burn, sea sculpting, and arthritis classes*
- *Saunas*

Therapy Services

Cardiac Rehabilitation: a support program which includes exercise, education, and counseling designed to strengthen your heart and lungs and educate you about the risks of smoking, high blood pressure, high cholesterol, inactivity, excessive weight, stress, and heredity. The skilled professionals at Therapy Plus Fitness will teach you to manage these risk factors, show you how to take control of your life and return you to a full, active, and healthy lifestyle.

Speech Therapy: providing full-time speech language pathology services for Marshall County with both inpatient and outpatient services. Preventative, diagnostic and therapeutic services including Vital Stim™ are available.

Massage Therapy: available at both locations.

Three Quick Steps to Fitness

1. Call Therapy Plus Fitness to speak to a Marshall Medical Center professional.
2. Come in for an introduction to the facility and equipment.
3. Make your program a regular part of your routine. You'll strengthen your heart and lungs and improve your overall health.

