

Wellness Center

The Wellness Program is a



monitored
fitness
program. We
help develop
a program for
each individual

and we are here for any help
or questions. We have
several aerobic machines
and strength training
equipment.

There is a monthly
membership fee of
\$40.00.



St. Aloisius
Medical Center

SMP Health System

**325 Brewster Street East
Harvey, North Dakota 58341**

Phone: 701-324-4651

Fax: 701-324-4687

*St. Aloisius Medical Center is an equal opportunity
provider. Complaints of discrimination may be sent to:*

*USDA, Director, Office of Civil Rights,
Washington, D.C. 20250-9410*



St. Aloisius
Medical
Center

SMP Health System

Wellness Center and Sports Enhancement Program



701 324-4651
Fitness/Wellness Center

Sports Enhancement Program:

Who is the program for?

The program is for any athlete and for any sport. The athlete should be at least 12-14 years of age to be able to tolerate the intensity of the workouts.



What will the sessions consist of?

12 Treadmill Sessions (1-2 hours)

6 Plyometric Sessions (1/2-1 1/2 hours)

Sports-specific Training (1/2-1 hour)

What can you expect on your first appointment?

The session consists of filling out paperwork, baseline testing and an introduction to the treadmill. You will need to come in workout clothes and shoes and your first session will last about 1 hour.



What is the price of the program?

The cost for the entire 6 week program is \$200.00.

Who should I contact with questions or to sign up for the program?

Please call Mary Jund or Wayne Fahy at St. Aloisius Medical Center at **701-324-4651**