



## The Wellness Center

Baptist Hospital

### Hours of Operation

Monday- Thursday  
5:30am-9:00pm

Friday  
5:30am-8:00pm

Saturday  
7:30am-4:00pm

Sunday  
(at Saint Thomas Wellness Center)  
10:00am-3:00pm



# Next Step

Post-Rehab Wellness Program



### Wellness Center Equipment includes:

- Olympic size swimming pool
- Polyurethane walking/jogging track
- Stationary upright bicycles
- Rowing Machines
- Stair climbing machines
- Treadmills
- Recumbent bicycles
- NuStep stepper
- Elliptical trainers
- Cybex weight resistance equipment
- Free weights and dumbbells
- Showers and locker facilities
- Towels/Soap and other amenities
- Steam Room/Sauna/Whirlpool

### The Wellness Center Baptist Hospital

Medical Plaza II – Lower Level

[www.BaptistHospital.com/wellness.php](http://www.BaptistHospital.com/wellness.php)

2000 Church Street

Nashville, Tennessee 37236

Phone: (615) 284-BFIT

Fax: (615) 284-3037



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**stay well.**

# Next Step

## Post-Rehab Wellness Program

The Next Step Program provides a smooth transition from therapy to an active lifestyle. This program has been specifically designed for participants who have orthopaedic limitations due to hip, knee, and shoulder surgeries, as well as amputations and other diminished physical conditions. Goals of the program include improved range of motion, increased balance, and improved activities of daily living.

### Program Includes:

#### Wellness Center Membership:

- 3-months Full Facility Membership (includes all group exercise classes)

#### Fitness Coaching:

- Individualized exercise program and training sessions with a Wellness Specialist



Upon referral from your Physical Therapist or Physician, our Wellness Specialists will meet with you one-on-one to develop a program to help you transition from Physical Therapy to an appropriate, consistent wellness routine.

### Program Costs:

- \$45 for 3-month program
- You may join the facility after 3-months for NO joining fee and regular membership rates

*Scholarships available to those who qualify*



One-on-One training will help you reach your therapy and activity goals!

**stay well.**

Call **Mary Catherine Hoagland** at **615.284.BFIT** for information