

MedFit Gym

# MEMBERSHIP PACKAGES



**\$50**  
per month

## STANDARD

- **SAVE AN ADD'L 10% WITH AUTO PAY (\$45)**
- Access to the MedFit Gym during business hours
- Personalized "check-in" code
- Exercise program and supervision by clinicians & staff of Big Island PT
- Pre-made exercise programs available



**\$100**  
per month

## PREMIUM ACCESS

- **SAVE AN ADD'L 10% WITH AUTO PAY (\$90)**
- Includes Everything in the Standard Package **PLUS...**
- 1 FREE 3D Body Scan every 6 mo. **\$150 value**
- 1 FREE cupping, taping, or blading session up to 30 min **\$25 value**
- FREE MedFit Gym Towel



Big Island PT & MedFit  
**SIGN UP WITHIN 30 DAYS  
FROM DISCHARGE TO LOCK  
IN \$40/MONTH FOR 1 YEAR!\***

\*regular rates apply after 1 year



(808) 935-5255



[www.medfithi.com](http://www.medfithi.com)



215C Railroad Ave, Bays 11-14  
Hilo, HI 96720



# WHAT IS MEDFIT GYM?

## ABOUT THE GYM

- The MedFit Gym is an exclusive **MEDical FITness** environment where members can train under the supervision of medically trained staff safely to prevent re-injury

## WHO IS ELIGIBLE?

- CURRENT or FORMER patients of Big Island PT and MedFit Lifestyle Program
- You must have been formally discharged from a successfully completed Big Island PT or MedFit Program within the last six (6) months
- MedFit Gym is exclusive and is NOT PUBLIC – our neighbors are though!



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## SIGN UP PROCESS

- 2-4 weeks prior to anticipated discharge you'll work with your PT to develop and finalize a custom gym or home program
- On discharge day you will receive membership plan options and orientation to the gym process
- You have up to six (6) months to decide if the MedFit Gym is right for you!



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*Membership is  
recommended by our  
clinicians*