

Fitness Evaluation & Massage Therapy

The DMC Wellness Center now offers a complete health and fitness evaluation and massage therapy services. By measuring all areas of fitness, you can gain a better understanding of what you are doing well and what areas you need to focus on.

The **Fitness Evaluation** Includes the Following:

- Personal Goal Setting and Consultation
- Biometric Reading-including Resting
- Exercise Heart Rate and Blood Pressure
- Body Fat Assessment
- Flexibility Screening
- Back Strength Screening
- Muscular Strength and Endurance
- Cardiovascular Endurance

COST:

- One hour complete fitness evaluation is \$55
- One hour complete fitness evaluation and personalized exercise program and orientation is \$75

(All fitness evaluations and program design performed by a DMC Certified Rehab Trainer)

We offer the following types of **massages**:

- Deep Tissue
- Reflexology
- Swedish Massage
- Sports Massage
- Chair Massage

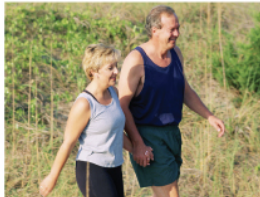
COST:

- 1 Hour Massage \$50
- ½ Hour Massage \$30
- Per Minute Massage less than one hour \$1 per minute

Availability:

Wednesday and Friday from 1:00-5:00

Official Healthcare Services Provider



DMC
Wellness Center

313-943-5479

313-745-9881