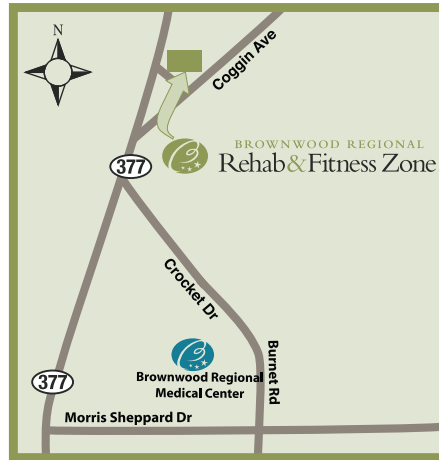




Whether you are a patient staying at Brownwood Regional Medical Center receiving therapy in preparation for your return home, or if you are coming to us on an outpatient basis after school or work, we want to be your first choice for rehabilitation therapy.



There's no need to drive out of town for your therapy treatments or enjoy personalized fitness programs. To learn more about our rehabilitation Services or to schedule a tour, please contact us at:

325-646-0600

Or visit

www.brmc-cares.com

Brownwood Regional Rehab & Fitness Zone

Operating Hours:

Monday – Thursday: 5 a.m. – 8 p.m.

Friday: 5 a.m. – 6 p.m.

Saturday: 9 a.m. – 3 p.m.

Closed on Sunday



Special 2010 Membership Fees for TML IEBP Members

Adults

\$35 per month with one year contract

\$45 per month with no contract

TML IEBP ID card required to receive this discount.

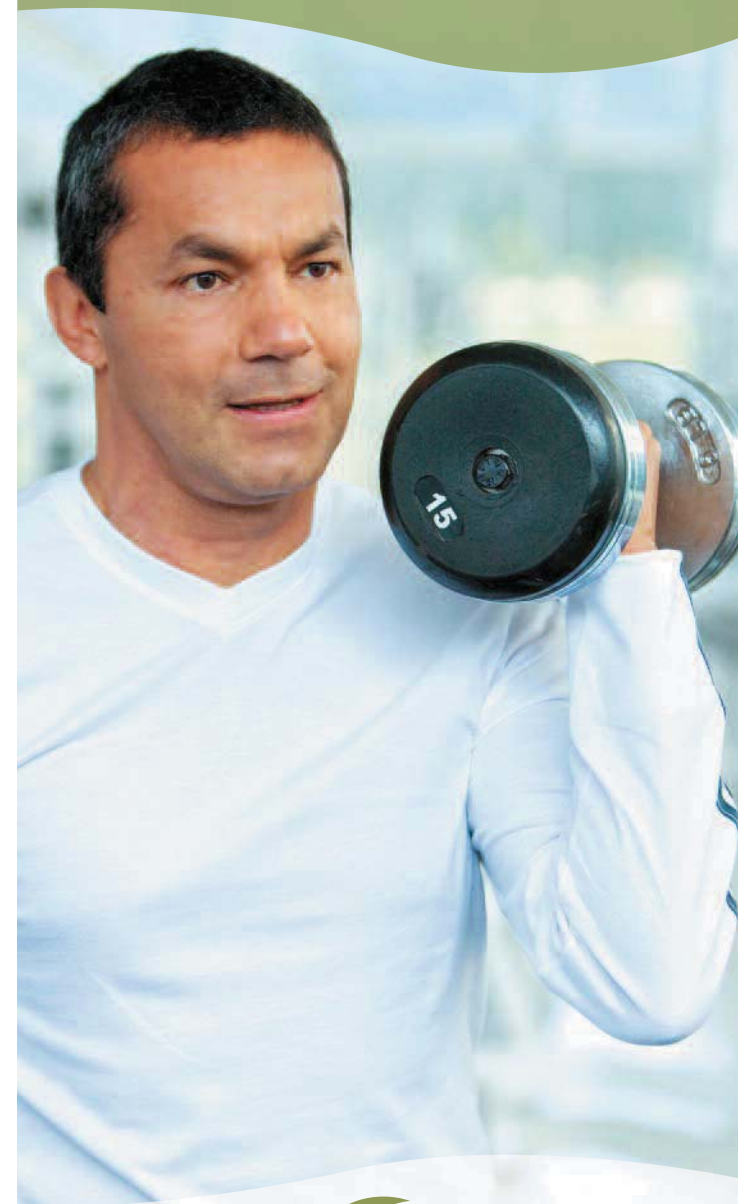


BROWNWOOD REGIONAL
Rehab & Fitness Zone

3201 Coggin Avenue • Brownwood, TX 76801

325-646-0600 • *www.brmc-cares.com*

REHABILITATION & FITNESS SERVICES



BROWNWOOD REGIONAL
Rehab & Fitness Zone



Brownwood Regional Medical Center's Rehab & Fitness Zone offers a wide variety of quality rehabilitation and fitness services. Our staff is trained and ready to assist patients with many conditions and injuries including orthopaedic, neurologic and sports injuries. Individualized fitness programs are also available by monthly membership.

Licensed therapists accommodate the needs of a wide range of patients from the young athlete, injured employee, weekend warrior or our senior citizens.

The Rehab & Fitness Zone Membership

For those who would like to participate in a personal physical fitness program without medical supervision, The Rehab & Fitness Zone offers memberships for individuals or families.

Membership Services Include:

- Indoor heated pool
- Full schedule of water and land aerobics; Pilates
- Cardiovascular equipment
- Strength training machines and free weights
- Changing area with showers

Membership Fees:

Adults

- \$40 per month with one year contract
- \$50 per month with no contract

Seniors

- \$35 per month with one year contract
- \$45 per month with no contract

Senior Circle Members

- \$30 per month with one year contract
- \$40 per month with no contract

Additional Family Members

- \$15 per month for each eligible family member over 18 years of age

Through the unique services offered at The Rehab & Fitness Zone, we are able to provide both patients of Brownwood Regional Medical Center and citizens of our community an opportunity to enhance their lives with the assistance of certified therapists.

Personal Training

Services include personalized exercise programs from a certified personal trainer. Programs are available for body fat reduction, injury prevention, post-rehab training, cardiovascular fitness, flexibility, muscle hypertrophy, sports specific training.

*Free introductory session for all new members.