

Individual Wellness Sessions



AlterG Anti-Gravity Treadmill

Using NASA-based technology, the AlterG focuses on cardiovascular fitness, endurance, balance and gait training.

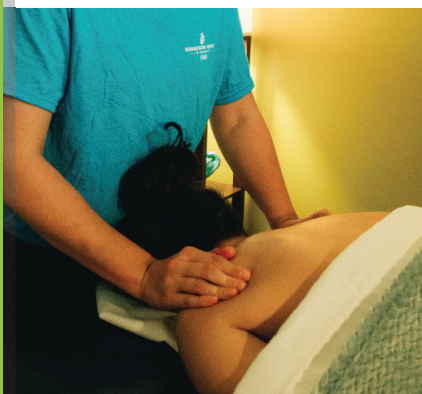
- Requirements:** Pre-assessment
- Instructor:** Certified REHAB Trainer
- Frequency:** 5x/Week Monday-Friday
(Mon/Wed By Appointment Only)
- Location:** REHAB at Nuuanu
- Cost:** **30 Minutes:** \$20 **60 Minutes:** \$40



InBody 770 Evaluation & Consultation

The InBody 770 provides accurate measurements of the body's composition as individual components (i.e. muscle, fat and water) to assess your health and nutrition. Trained Exercise Specialists evaluate results, providing you with the best recommendations to help you achieve optimal health goals.

- Instructor:** Trained Exercise Specialist
- Frequency:** By Appointment Only
- Location:** REHAB at Nuuanu
- Cost:** **Up to 30-Minute Sessions:** \$25



Massage

Massage has been proven to effectively alleviate, treat and prevent everything from minor muscle aches, neck and back pain, migraine headaches, improving Lymphedema, depression, insomnia and other stress-related diseases.

- Instructor:** Certified Massage Technician
- Frequency:** By Appointment Only (Subject to Availability)
- Location:** REHAB at Nuuanu
- Cost:** **60 Minutes:** \$80
15-Minute Increments: \$20



Phase III Wellness Membership

This wellness and maintenance program, otherwise known as Phase III rehabilitation, helps you practice and maintain healthy behaviors and habits that support long-term lifestyle changes.

- Hours:** Monday - Friday | 8:00am - 5:00pm
- Location:** REHAB at Nuuanu: Wellness Gym
- Cost:** **Monthly Fee:** \$80 (All Access Pass)
- Additional Services:** **Initial Assessment:** \$40 (1x Fee)
Cardiac Monitoring: \$25/session
Body Analysis: \$25/session



Cardio Circuit Challenge

This total body conditioning session combines fun and fitness by alternating between cardio and strength exercises and challenging all muscle groups. A Trained Exercise Specialist guides you through a variety of cardio, weight training and band workouts.

Requirements: Pre-assessment
Instructor: Certified REHAB Trainer
Frequency: 2x/Week: Wednesdays and Fridays
Location: REHAB at Nuuanu: Wellness Gym
Cost: **Monthly:** \$80/Month
60 Minutes: \$15/Class

Group Swim

Working in REHAB's heated pool, this exercise class is perfect for those with arthritis or joint and back pain. The focus is on ease of movement, gentle cardiovascular fitness and strengthening.

Requirements:

- Ability to enter/exit pool independently (or with assistive devices)
- Must be continent and without wounds

Instructor: Certified REHAB Trainer
Frequency: 2x/Week: Mondays and Fridays
Location: REHAB at Nuuanu: Therapy Pool
Cost: **Monthly:** \$80/Month (2x sessions/week)
Ala Carte: \$15/Class

REHAB Recovery & Rejuvenation: Cancer Program

This class is designed for the recovery and rejuvenation of cancer survivors after completion of their treatments. Participants benefit from improved muscle strength and endurance, flexibility and balance. All 60-minute sessions are comprised of circuit training and interval training exercises to get participants back to the activities they enjoyed doing before their diagnosis.

Requirements: Ability to walk minimum of 20 steps independently (or with assistive devices)
Instructors: Cancer Rehabilitation & Trained Exercise Specialists
Frequency: 5x/Week: Monday - Friday
Location: REHAB at Nuuanu
Cost: **Monthly:** \$80/Month (2x/week) \$120/Month (3x/week)
Ala Carte: \$15/Class

Strength & Balance

This exercise class helps improve the overall strength, physical health, and activity level of participants. Individuals will feel more confident and comfortable with their balance at home and in the community.

Requirements: Ability to walk minimum of 20 steps independently (or with assistive devices)
Instructor: Certified REHAB Trainer
Frequency: 2x/Week: Tuesdays and Thursdays
Location: Weinberg Courtyard Lanai
Cost: **Monthly:** \$80 **Ala Carte:** \$15