

Post Rehabilitation

Gym Clinic

M UNIVERSITY OF MICHIGAN
Physical Medicine & Rehabilitation



Exercise on your own or with assistance

Are you close to being discharged from therapy?

Continue to progress and maintain what you've accomplished in your Therapy sessions by joining the Gym Clinic at MedRehab.

Benefits to Joining:

- Maintain your therapy goals
- Stay physically active while relieving stress
- Exercise up to 5 days a week at a familiar gym with friendly faces
- Exercise while being supervised by a qualified professional
- Live a longer, healthier & happier life

"The Gym Clinic's knowledgeable staff is always observant & helpful in instructing me how to properly correct my posture and alignment"...Mary C.

"My Experience with the Gym Clinic has been excellent! I have gained strength and mobility as a result of the outstanding staff"...Jonathan B.

MedRehab Physical & Occupational Therapy

Building #4

355 Briarwood Circle

Ann Arbor, MI 48108

734.998.7888 ph

Gym Clinic Hours

Mon thru Fri

7:00—9:00 am & 4:00—6:00 pm

Mon, Wed, & Fri 12noon—1:30 pm

Program Fee

\$30— Special Price for the first month trial

\$50— per month



Facilitating Quality of Life and Function Through Exercise

Scan code with smartphone for PM&R website

