



# PHASE 4 CARDIAC REHAB

*changing lives one heartbeat at a time.*



The **Phase-4 Cardiac Rehabilitation Program at Cornerstone Clubs** serves graduates of the current Doylestown Health and Wellness Center Phase-3 program by helping you achieve your personal fitness and wellness goals.

## WHAT'S INCLUDED:

- Initial appointment with a Wellness Coach to discuss your goals and interests
- Initial session with a personal trainer to develop your individualized program
- A follow-up appointment midway with your trainer to make adjustments to your routine as needed
- A final appointment with a Wellness Coach to assess your progress and discuss next steps

## GETTING STARTED

**Special Offer for Phase 3 members only: 90 days for \$90!** After the 90 days have ended, **Phase-4** members can elect to join the club at the current monthly membership rate with **no enrollment fee**.

## CLUB USAGE:

**Phase-4** members will have unlimited use of all programs and amenities included as part of regular membership at any Cornerstone Clubs including hundreds of classes and professionally staffed fitness floors among many other benefits.

Warrington: 215.918.5900 | Doylestown: 215.794.3700 | New Hope: 215.862.2200

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

**CORNERSTONE** Clubs