

Medical Wellness Programs



THE CENTER FOR HEALTH
& SPORTS MEDICINE

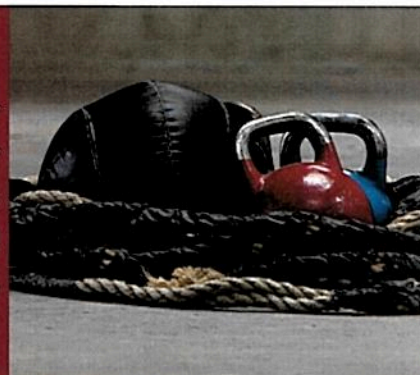


Wellness Classes - Circuit Blast

Our Circuit Blast class is intended for the person short on time who wants to get in, get their workout on, and get out. This is a 30-45 minute, high intensity program using interval circuit training and cardio exercises. The program can be done to include a whole body session 3 days per week, or an alternating program of upper and lower body 5-6 days per week. Contact us to sign-up for one of the limited spaces!

Open Gym

The open gym experience allows our patient-members access to all of our equipment when there are no classes in session. You can work with one of our Wellness Experts to design a program, or design your own! Using our state of the art, cloud-based application programs can be designed, modified, then uploaded to your smart device to be used wherever you move for your workout. Exercises are input directly into your smart device to track your progress as you go.



WellCare Program

Our WellCare program is a personalized, goal-directed health path for those wanting to improve their health through a combination of exercise and diet prescription. We utilize health history, biometric measurements, and specific composition screenings to design an individualized program for your exercise regimen. Our staff then monitors your progress throughout the program, via our online platform, and adjusts the exercises as needed, then uploads the changes straight to your smart device.

**THE CENTER FOR HEALTH AND SPORTS MEDICINE
WELLNESS & ATHLETIC DEVELOPMENT CENTER**

108 BARTRAM OAKS WALK SUITE #103
JACKSONVILLE, FL 32259

904-240-0442 | BESMIR@JAXFAMILYSPORTSMED.COM