



Bridging the Gap Between Health Care & Healthy Living

Move better. Feel stronger. Live well.

Jwell Fit is an 8-week, physician-referred fitness and wellness program designed to help individuals safely build a fitness routine that meets their unique needs. With personalized guidance from a medically informed personal trainer and twice-weekly workouts alongside other participants, Jwell Fit helps build strength, mobility, confidence and community.

Specialized Tracks Include:

- Cancer Fit
- Cardiac Fit
- Diabetes Fit
- Fit for Surgery
- Functional Fit
- Neuro Fit
- Orthopedic Fit
- Osteo Fit
- Pulmonary Fit
- Transitional Care
- Weight Management



Program Features

- Pre- and post-program fitness assessments
- Pre- and post-program chiropractic assessments with Dr. Yorker
- Twice-weekly supervised exercise sessions
- 3-month full fitness facility membership
- Unlimited group fitness classes
- Healthy Strides™ — 45-minute walking class & 15-minute health education discussion and Q&A

- Empower & Connect™ — Peer-led support group for participants across all JWellFit tracks
- Living Well Series™ — Monthly workshops led by physicians and healthcare professionals covering disease management, nutrition, healthy aging, stress management, wellness, and lifestyle medicine

Training, Wellness Coaching, and Pilates Reformer are available for an additional fee.

**Get
Started
Today**

1. Obtain a physician referral
2. Schedule an assessment
3. Receive your personalized fitness plan
4. Start your JWell Fit

Members: \$129.00 • Guests: \$169.00

**To schedule your
assessment, contact
Megan Matis:**

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