

AQUATIC CLASSES

-These classes are for those wanting an upper and lower body workout under the direction of an instructor. Members of OSTC wellness program have access to independent pool use any time during open hours if there is not a class in session. (see downstairs staff for class times)

-Members of OSTC pay no additional charge for classes.

ATHLETES ADVANTAGE SPORTS PROGRAMS

Sport conditioning programs that prepare athletes for getting the edge on their competition through sport specific individualized programs, utilizing the most innovative and updated techniques and drills. All programs are under the direction of a licensed professional, specializing in strength and conditioning. These programs are offered multiple times during the year with specified days and times. (see downstairs staff for details)

-Athletes Advantage sport programs are charged per program, dependent on duration and frequency of program. Membership is not a requirement to participate in these programs.

MEMBERSHIP FEES

\$50/month – Membership for those who have NOT previously participated in physical therapy at OSTC. Payment will be an auto withdrawal from your checking/savings account.
With spouse **\$70/month**

\$35/month – Discounted membership for those who have previously participated in physical therapy at OSTC. Payment will be an auto withdrawal from your checking/savings account.
With Spouse **\$55/month**

\$360/year – Offered to those who wish to pay only once a year.
With Spouse **\$600/year**

\$25/month – Discounted membership for individuals that work for a participating business. Payment will be an auto withdrawal from your checking/savings account.
With Spouse **\$50/month**

Wellness members must be 16 yrs of age or older to use our facility. Exceptions are Athlete's Advantage camps and Personal Training.

For more information on fees, please feel free to stop by and visit with our staff, located on first floor of OSTC. **3/10**

OSTC

Orthopaedic & Sports Therapy Center

**#1 West Medical Court
Wichita Falls, TX.
(940) 692-4688
OSTCWF.COM**

WELLNESS INFORMATION

HOURS OF OPERATION
MONDAY-FRIDAY
7 A.M. – 7 P.M.
SATURDAY
8 A.M. – 12:00 P.M.

WELLNESS CENTER

-We offer a variety of ways to make getting fit fun! We want you to feel great about yourself, and provide the professional staff to assist you in accomplishing your goals in a safe manner.

PERSONAL ASSESSMENTS

CERTIFIED and LICENSED STAFF

CUSTOMIZED TRAINING PROGRAMS

STATE OF THE ART EQUIPMENT

SUPERVISED FITNESS PARTICIPATION

SPECIAL SERVICES

FITNESS TESTING

AQUATIC CLASSES

BODY FAT COMPOSITION TESTING

POST PHYSICAL THERAPY EXERCISE PROGRAMS

SPORTS TRAINING

PERSONAL TRAINING

MASSAGE THERAPY

We offer gift certificates for any of the provided services

ASSESSMENTS

\$50 Assessment

(Includes 2 visits)

-First visit will include a cardio fit test, body fat composition, flexibility, general strength testing discussion of goals, and a program design.

-Second visit will involve one-on-one demonstration and assistance with designed program and proper use of the equipment.

\$75 Assessment

(Includes 2 visits)

-Assessment that includes the entire above list in addition to sport related measurements of fitness.

Free Orientation

(Includes 1 Visit)

-A general orientation of the machine weights that includes a one on one demonstration of specific machines. **This orientation does not include a personalized program.**