

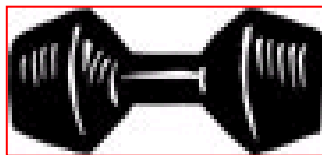
Southern Tier Physical Therapy Associates



Work out

&

Personal Training Program



200 Front Street
Vestal, NY 13850

Work-out/Personal Training Program:

Southern Tier Physical Therapy is offering a maintenance physical therapy program after completion of your physical therapy. This program is only for patients who have completed physical therapy at STPTA.

We can only offer specific hours to work out. The hours we have available for this program are:

Monday-Thursday:

6:45am-8:30am

11:30am-1:00pm

3:30pm-5:00pm

Friday:

6:45am-8:30am

11:00am-12:00pm

Physical therapy patients will have priority on equipment. If there comes a time that regular physical therapy patients are waiting for equipment, you may be asked to let them use your machine. This should occur on a very limited basis.

The cost of this program is \$25 per month. Payment should be made payable to STPTA (Southern Tier Physical Therapy Associates) on the first of every month. Patients can also choose to pay on a daily basis, which would be \$4 per visit.

Personal Training and Lifetime program designs will also be available at \$35.00 per hour.

If you have any questions, please feel free to speak to Tom Janik or Kris Secord.