

PROVIDER REFERRED **MEDICAL FITNESS** **PROGRAM**

Your health and well being are our top priorities. We are excited to share with you our latest medical fitness program, designed to improve your fitness and address a wide range of medical situations. With your provider's referral you qualify to join our program and get started on the path to wellness.



6-week membership
to Milestone



2x weekly group workout
sessions with a certified trainer



fitness coaching &
education

PROGRAM RUNS:
2/9/26 - 3/20/26

SESSION OPTIONS:

Monday/Wednesday @ 12:00pm
Tuesday/Thursday @ 9:00am or 6:00pm

\$155 plus tax

*Program will be developed by a Certified Cancer Exercise Specialist

If you approve your patient to participate in the Medical Fitness Program at Milestone, please sign below.

Patient Name (PRINT): _____

Patient Phone Number: _____ Session Option: _____

Physician Name (PRINT): _____

Physician Signature: _____ Date: _____