

CLASS SCHEDULE

Rock Steady Boxing**

Monday, Wednesday, Friday

Class 1*: 8 - 9 a.m.

Class 2*: 9:15 - 10:15 a.m.

Class 3*: 10:30-11:30 a.m.

**Classes determined by assessment*

Fall Prevention

Monday & Wednesday or Tuesday & Thursday
(times vary)

CancerFit**

Monday & Wednesday or Tuesday & Thursday
(times vary). Classes of 3 or more.

Group Fitness

Tuesday, Thursday: 8-9 a.m. & 9:15-10:15 a.m.

H.I.I.T. Boxing

Tuesday, Thursday: 9:30 - 10:30 a.m. &
10:30 - 11:30 a.m.

Monday, Wednesday: 5:30 - 6:30 p.m.

Add-on Class

See class times

\$5 per additional class

**Medical release required



OUR MISSION:

To lead our communities to well-being, one person at a time

OUR VISION:

Healthier people
Thriving communities
Trusted partner

OUR VALUES:

Excellence
Empathy
Integrity
Accountability



Reid Fitness

(765) 935-8570

Class Locations:

Reid Health North Complex
1751 Chester Road, Entrance #2
Richmond, IN 47374

Reid Health Athletic Training Clinic & Fitness Suite

1400 Highland Road
Richmond, IN 47374

ReidHealth.org/Services/Reid-Fitness

Reid Fitness



Reid Fitness



Learn about how Reid Fitness

classes maximize a person's

health and quality of life.



Reid Fitness

Classes are designed to maximize a person's health and quality of life. Whether you're dealing with a chronic condition, looking for a new exercise routine, or already living an active lifestyle, we have a program for you.

Rocky Steady Boxing

Cost: \$50/month

Location: North Complex, Richmond

Rock Steady Boxing provides a uniquely effective form of exercise along with group support. Using non-contact, boxing-inspired fitness routines, participants can dramatically improve their ability to live independent lives. Rock Steady Boxing requires a referral and an assessment for participation.

CancerFit

Cost: Free

Location: ATClinic & Fitness Suite, Richmond

CancerFit is a free service for current patients, those in remission and survivors. Individuals currently in treatment have the opportunity to participate throughout treatment and for up to 12 weeks of remission – after which our team of specialists will guide you to your next steps in recovery.

Training sessions are offered by appointment only and are 30 minutes in duration. CancerFit requires a referral for participation. Ask your provider if this program is a good fit for you.

Fall Prevention

Cost:

30-minute individual: \$15 per class

60-minute individual: \$30 per class

60-minute group: \$10 per class

Classes of 4-8 clients

- Group Classes: 12-week program with a take home exercise plan at course completion

Location: ATClinic & Fitness Suite, Richmond

Fall Prevention is a progressive exercise program designed to improve your daily life. Fall Prevention requires an initial assessment for participation. Class placement is based on your initial assessment scoring.

Fall Prevention focuses on:

- Strength
- Balance
- Gait training
- Endurance
- Gaze stabilization
- Multitasking



Group Fitness

Cost: \$30/month

Location: ATClinic & Fitness Suite, Richmond

A self-paced program for anyone's overall well-being no matter where they are on their fitness journey. This class includes weights, cardio, and core exercises to reach a common goal through safe and healthy training.

H.I.I.T. Boxing

Cost: \$30/month

Location: North Complex, Richmond

AM Class

- Geared toward individuals 50+; 60-minute non-contact, boxing-inspired fitness class
- Exercises largely adapted from boxing drills, mixed with fitness activities to provide whole-body exercise

PM Class

- Open to individuals of all ages
- 60-minute high-intensity, interval-training, whole-body workout
- Includes elements of boxing drills but mixed with other fitness activities for full strength-and-cardio workout.

Add-on Class

Cost: \$5/class

Location: North Complex, Richmond

Must already be enrolled in a monthly plan in Reid Fitness to qualify. Classes that are eligible: Group Fitness and H.I.I.T. Boxing AM/PM.