

At The Recovery Project we want everyone to be healthy and fit. Research continues to show that we all need to stay active to stay healthy, and it is suggested that most adults get 150 minutes of exercise every week. With this in mind, we have developed a variety of cost-effective and accessible wellness programs to ensure our clients and community members have an opportunity to stay active.

## Personalized Wellness Programs

### PERSONAL TRAINING

Personal training offers one-on-one training sessions with experienced personal trainers. Our skilled therapists and trainers can develop customized, targeted personal fitness programs for clients and community members who wish to continue working toward their fitness goals.

\$50 / 60 minute session

### FES WELLNESS

Functional Electrical Stimulation (FES) does not need to be limited to your PT or OT session. Evidence suggests that the benefits of FES may be more fully achieved with up to three FES sessions per week. To allow more time on our FES equipment we offer our RT300 cycle as a wellness option to help you achieve maximum benefits.

30 minute sessions: 1 - \$50 (with tech \$60) / 6 - \$270 (with tech \$330) / 13 - \$520 (with tech \$650)

### PERSONAL ADAPTIVE YOGA

The Recovery Project has combined traditional yoga postures and adaptive techniques to create an innovative, relaxing and beneficial yoga program that promotes integrative balance and alignment. Adaptive yoga brings a host of benefits including increased muscle tone, reduced anxiety and improved flexibility.

\$50 / 60 minute session

### INDEPENDENT FITNESS

This program is offered to clients who wish to continue exercising in our facility utilizing our select equipment. Clients and caregivers must be instructed and previously trained in an exercise program determined by a therapist or trainer. Clients must be able to exercise independently or with caregiver assistance.

\$25 / month

All programs may require a screening or referral before participating.



# Group Wellness Programs

## ROCK STEADY BOXING

Rock Steady Boxing is a program designed for individuals with Parkinson's Disease to help improve quality of life through a non-contact boxing based fitness curriculum. Exercises are largely adapted from boxing drills and aim to condition boxers for optimal agility, speed, muscular endurance, hand-eye coordination, footwork and overall strength. All classes are led by a certified Rock Steady Boxing Coach.

\$15 / 1 class or \$135 / 10 classes  
(Screening required before participating \$50)

## PWR!

Parkinson's Wellness Recover (PWR!) is an exercise-based program designed for all stages of Parkinson's Disease (PD). Classes are research-based and organized into a variety of different intensities to accommodate the specific needs of each individual. Classes uniquely address the cognitive and motor symptoms associated with PD. The PWR! Program offers two different group classes, PWR! Moves and PWR! Cardio.

\$15 / 1 class or \$135 / 10 classes

## BE WELL FITNESS

This class is a combination class designed to focus on developing core strength and balance as well as a mix of cardio and resistance training. After warming up we will challenge ourselves with a balance of functional movements and strengthening activities. Time will be spent at the end of each class to relax, cool down and breathe.

\$15 / 1 class or \$135 / 10 classes

## BE WELL YOGA

An accessible yoga class that can provide a host of benefits including improved muscle tone, flexibility and balance. Additionally, yoga may help reduce anxiety and increase a sense of well being. We combine traditional yoga postures with therapeutic modifications to allow everyone to experience new balance and alignment.

\$15 / 1 class or \$135 / 10 classes

## STROKE TO STRENGTH

Our program has been designed to improve fitness, mobility and fall-risk for people that have experienced a stroke. This motivational group class works to address multiple domains including muscle strength, balance, mobility and cardiovascular fitness.

\$240 / 8 week session (16 classes)

## SCI FITNESS CLASS

A circuit-based group class for people with a spinal cord injury. This class includes overall strengthening, cardio training and flexibility exercises to help maintain functionality and independence. Our SCI class is appropriate for anyone that has experienced a spinal cord injury, has at least partial use of arms and is able to transfer to a mat with minimal assistance.

\$120 / 8 week session (8 classes)

All programs may require a screening or referral before participating.

### Livonia

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