



ROSEVILLE  
HEALTH & WELLNESS  
CENTER

*Not Your Ordinary Fitness Center!*

### Patient Information

Patient Name: \_\_\_\_\_

Patient Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

### Physician Information

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

- Voted #1 Fitness Center by Health & Fitness Magazine
- Awarded the Healthy City Coalition Award for City of Roseville
- 30,000 sq. ft. State of the Art Facility
- Indoor Heated Aquatic Center & Spa
- Comfortable Friendly Atmosphere – Perfect for First Time Fitness Enthusiasts

## Roseville Health & Wellness Center



677-1200 Phone

677-1204 Fax

1650 Lead Hill Boulevard  
Roseville, CA 95661

[www.rosevillehwc.com](http://www.rosevillehwc.com)  
[rhwc\\_members@yahoo.com](mailto:rhwc_members@yahoo.com)

# Programs

### Aquatic Center Programs:

- Aqua Aerobics
- Arthritis Class
- Fibromyalgia Class
- Aqua Physical Therapy (SS&PT)
- Senior Aquatics
- Pre/Post Natal Exercise

### Physical Therapy:

- Physical Therapy (SS&PT)
- Aquatic Physical Therapy (SS&PT)

### Fitness Programs:

- Yoga
- Body Conditioning Class
- Spin Class
- Mat Pilates
- Core Strengthening
- Group Exercise Training
- Fitness Consultation
- Strength Training
- Cardiovascular Training

### Wellness Programs:

- Personal Training
- 12-Week Weight Loss Program
- Massage Therapy
- Employee Wellness Program
- Registered Dietitian
- Prenatal Programs
- Senior Strength & Stability
- Cancer Well Fit
- Obesity Treatment Center
- Diabetes and Exercise Program

