

PREP

The Value of Exercise Prescription

See your provider for an exercise prescription valid for qualifying patients, and then contact Synergy Health Club to schedule a complimentary tour and get started.*

Please fax completed form to patient's Synergy Health Club location.

REFERRAL FOR EXERCISE PRESCRIPTION

Patient: _____ Patient DOB: ____ / ____ / ____ Patient Phone #: _____

Provider: _____ Provider Signature: _____

Cost: *\$60* Today's Date: _____



60-Day Complimentary Exercise Program for Provider Referred Patients:

- Club tour
- Fitness orientation
- Tailored exercise prescription
- Bi-monthly fitness coaching check-ins
- Unlimited studio classes & workouts
- 60-days full club access

Fax completed form to patient's Synergy Health Club location

NAPA

3421 Villa Lane, Napa, CA 94558
Fax: 707.251.1373

PETALUMA

1201 Redwood Way, Petaluma, CA 94954
Fax: 707.789.7028

Synergy Health Club
by St. Joseph Health

www.SynergyHealthClub.org

Please call the Fitness Manager at the indicated Synergy location to schedule your initial appointment.