



Getting Started – 3 Easy Steps

- 1** Ask your doctor for an **exercise prescription** that will give you access to our 60-day medical membership for \$60.
- 2** Contact Jenna Bartlett, Retention Manager to **set up an appointment** or bring the prescription into the front desk in order to sign up for membership and get started.
- 3** Within the first week our Fitness Manager will contact you to **set up an initial consult** and pair you with a personal trainer!

Please contact **Jenna Bartlett, Retention Manager for the Roanoke and Botetourt Athletic Clubs (RAC and BAC)**. You may reach her via email at JLBartlett@carilionclinic.org, or by phone at the RAC **989-5758** or BAC **992-2993**

