



Questions & Answers

Is an exercise prescription required in order to be able to take advantage of the 60-day medical membership for \$60?

Yes, the Fit Rx program is exclusive to patients referred by their doctor or clinician in order to improve a medical condition through increased physical activity.

Is a personal trainer included in the \$60 fee?

Yes, weekly one-on-one training sessions are included to keep you on track.

Is there a commitment to join after the 60-day membership has expired?

There is no commitment to join upon the expiration of your 60-day membership.

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

