

Club 50 Fitness Saved Me Money!

In July 2004 I had surgery on my left shoulder to repair a frayed rotator cuff. While I experienced significant improvement, I started to feel increased pain in October and November 2005.

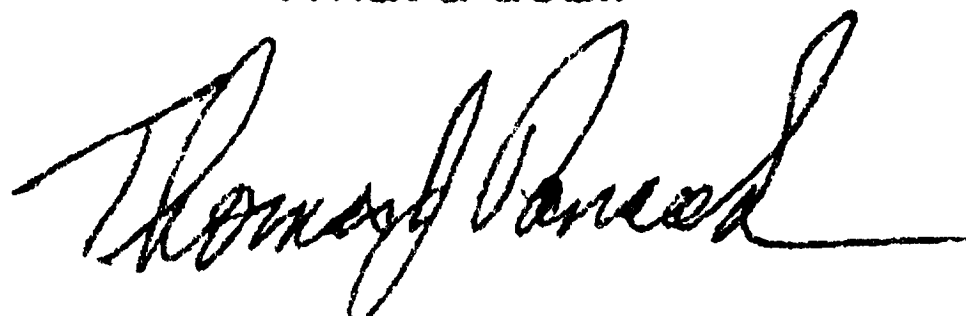
I went to my Orthopedic Surgeon who injected the shoulder, ordered an MRI and Physical Therapy for 3 visits a week for 6 weeks. I asked the doctor if it was OK to start an exercise program and he said yes it was OK. I visited Club 50 Fitness in Sparks, NV and took advantage of the free one week pass. The exercises made my shoulder stronger and decreased the pain.

Because of the Holiday Season I was unable to schedule Physical Therapy for my shoulder. I had the MRI on December 27, 2005 and joined Club 50 Fitness the same day.

I visited my Orthopedic Surgeon on January 4, 2006 for the MRI results. Before he told me the MRI results I told him that I had not done the Physical Therapy because of Holiday scheduling problems. He asked about how my exercise program was progressing. I described the Club 50 Fitness program especially the upper body machines. He said I did not need Physical Therapy since the Club 50 Fitness routine provided me with all the strengthening exercises a Physical Therapist would have recommended.

My co-pay amount for 18 sessions of Physical Therapy for my shoulder would have been \$270. My one year Club 50 Fitness membership is \$264. So in addition to saving \$6, I get 6 days a week for a full 12 months of both upper and lower body exercise machines.

What a deal!



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