

OUR LOCATIONS



FITNESS SERVICES



North Location

(Marshall Medical Center North Campus)

40 Medical Park Drive • Guntersville, AL 35976

256.571.8857

South Location

(Marshall Medical Center South Campus)

2505 US Highway 431 • Boaz, AL 35957

256-840-3348

All Marshall Medical facilities are located on tobacco-free campuses. Thank you for respecting the health of others.



Visit us at mmcenters.com

MMC121 3/24



Get on the right track to fitness and wellness, right down the road at Marshall Medical.

You'll find easy access to health, fitness, and a whole lot more at Marshall Wellness. Located at both Marshall Medical North and Marshall Medical South, our Wellness Centers are equipped with the latest fitness, wellness and rehabilitative technologies available.

Our professional staff is available to help you develop a fitness plan tailored to your specific needs. In addition, we offer a full range of physical rehabilitation services, sports medicine, occupational therapy, cardiac rehabilitation and much more – all provided by highly-trained medical professionals and dedicated specialists. We also offer periodic health fairs and various health screenings at both locations.

Marshall Wellness Centers are available for our patients' use as well as to the general public. It's just another way that Marshall Medical is here to help keep you in the best of health.

Fitness Equipment & Services

- *Computer monitored cardio equipment*
- *Cyberx® and Body Masters® weight machines*
- *Free weights*
- *Indoor heated therapy pool*
- *Indoor Olympic-size lap pools*
- *Complete dressing rooms with lockers*
- *Variety of aerobics classes including yoga, Pilates, step, kickboxing, body sculpting, circuit, low-impact and fitball*
- *Water aquatics classes including splash and burn, sea sculpting and arthritis classes*
- *Saunas*
- *Outdoor paved walking trails*



Three Quick Steps to Fitness

1. Call a Marshall Wellness Center to speak to a fitness professional. *(see phone numbers on back)*
2. Come in for an introduction to the facility and equipment.
3. Make your program a regular part of your routine. You'll strengthen your heart and lungs and improve your overall health.



Get fit and stay that way with our comprehensive wellness focus.