



Exercise Transition Program

With a team of experienced and degreed exercise physiologists on staff and a state of the art facility located in Cayuga Wellness Center, Island Health & Fitness offers training and expertise that is unmatched in the Finger Lakes Region.

What does this program offer?

The Exercise Transition Program offers education, exercise and guidance aimed at helping participants to become self-sustaining in an exercise program. The program also encourages general strength and conditioning to improve overall health.

Who is the program good for?

Participants who have completed outpatient physical therapy or who are referred by a physician or health-care professional are eligible for the Exercise Transition Program. The participant must be independent or have a full-time aide to support them in the program. If they are not independent then 1:1 Personal Training is the best option for them.

What are the benefits?

The Exercise Transition Program provides a safe and supervised environment in which the participant can engage in an exercise and wellness program designed specifically for his or her goals. During the course of the program, they transition to independence and self- management of their functional goals and lifestyle changes.

Where is the program provided?

The Exercise Transition Program is offered at both Island Health & Fitness locations. Facilities are located at 310 Taughannock Blvd. at Ithaca's West End OR 903 Hanshaw Rd. at Community Corners.

Does insurance cover this?

Most insurance companies do not cover the Exercise Transition Program. A letter describing the program is available for people who would like to inquire about coverage and reimbursement with their individual insurance companies.

How do I get started?

Ask your therapist or doctor about the Exercise Transition Program and if it is right for you. Admission is rolling. To schedule an appointment for an initial consultation, and to get more information call Julie at (607) 277-3861 or email jjaroszc@cayugamed.org.

Exercise Transition Program

\$95 for a 4 –week consecutive supervised course, 2X per week

Optional times: DOWNTOWN: Tuesday/ Thursday 12-1 pm
Wednesday/ Friday 10-11 am
Tuesday/ Thursday 4-5 pm

COMMUNITY CORNERS: Monday/ Wednesday 10-11 am
Tuesday/ Thursday 4-5 pm

310 Taughannock Blvd., Ithaca, NY 14850, ph: 607.277.3861

903 Hanshaw Rd., Ithaca NY 14850, ph: 607.319.0149

Web: www.islandhealthfitness.com