



# WellFit

Customized to meet your goals.

WellFit is a medically guided self-pay exercise program for individuals striving to improve their overall fitness or wellness. In contrast to other fitness programs, WellFit incorporates the guidance of other medical professionals, including your physician, to optimize your program. Our program is uniquely integrated with Orthopedic/Sports Medicine and Rehabilitation Services.



Our staff consists of highly trained athletic trainers, wellness instructors, exercise physiologists and degreed/certified fitness professionals. Once the evaluation is complete, we will develop a personalized evidence-based program that will address your unique concerns and goals.

For more information, visit  
[WellSpan.org/SportsMedicine](https://www.wellspan.org/SportsMedicine)



Flexible Spending Account (FSA) and Health Savings Account (HSA) monies may be eligible to cover program services, please contact your employer for clarification.

No referral is needed to join this program.

For pricing and scheduling please call your preferred location, listed below.

## **York County Rehabilitation Locations**

### **Apple Hill Medical Center**

25 Monument Rd.  
Ste. 175, Entrance F  
York, PA 17403  
(717) 741-8240

### **Bannister Street**

1575 Bannister St.  
York, PA 17404  
(717) 812-5850

## **Adams County Rehabilitation Locations**

### **Deatrick Commons**

16C Deatrick Dr.  
Gettysburg, PA 17325  
(717) 339-2540

For more information, visit  
**[WellSpan.org/SportsMedicine](https://WellSpan.org/SportsMedicine)**