

Norton Sports Health Performance & Wellness Center

Programs and pricing

Norton Healthcare employees/household members

CLASS MEMBERSHIPS

SPORTready Unlimited

Unlimited SPORTready classes..... \$65 per month

LIFeready Unlimited

Unlimited LIFeready classes, yoga and open gym access..... \$65 per month

Senior LIFeready Unlimited

Unlimited LIFeready classes, yoga and open gym access..... \$65 per month

LIFeready Yoga Unlimited

Unlimited yoga classes and open gym access..... \$55 per month

Recovery Room Unlimited

Unlimited access to the recovery room (add on to any membership type)..... \$30 per month

OPEN GYM MEMBERSHIPS

Norton Healthcare employee..... \$25 per month

Norton Healthcare employee additional household members \$15 per month
per additional member

Trial offer!

Try our SPORTready, LIFeready or Senior LIFeready programs for two weeks free! Attend classes, talk to performance specialists and check out the facility.

To purchase a membership at a Norton Healthcare employee discounted rate, sign up in person at the front desk or via payroll deduction. Employees staturesd to work a minimum of 32 (0.4 FTE) hours per pay period can have their membership deducted through payroll. To enroll, go to **NortonBenefits.Bswift.com** and log in. Under Common Actions, select Birth, Marriage or other Life Event, Select Other Life Events, and then Change My Gym Membership Election. Enrollment is available year-round. For assistance, contact a benefits education specialist at **(502) 629-2363**, option 2.

All of our memberships require a 30-day cancellation notice, communicated via email, phone call or in person at the front desk.

New memberships include a free 15-minute nutrition discovery meeting with the performance dietitian.

Norton Sports Health Performance & Wellness Center now offers performance nutrition services. For your first free 15-minute discovery consultation, email **NSHPWC@nortonhealthcare.org**.

Gift cards are available for purchase at the front desk.

Contact us

Westport Plaza, Suite 129
9451 Westport Road
Louisville, KY 40241
Email: **NSHPWC@nortonhealthcare.org**
Phone: **(502) 409-8888**



NORTON
SPORTS HEALTH
Performance & Wellness Center

Norton Sports Health Performance & Wellness Center

Programs and descriptions

SPORTready

Regardless of your sport or skill level, SPORTready classes offer programming to enhance your athletic skills and abilities. Coach-led classes teach and demonstrate consistent training principles, form and technique. Our SPORTready classes are specific to youth athletes, grades three through 12.

Performance: Improve performance through physical development and commit to optimizing injury prevention and daily performance through our three-day total body, strength-based exercises.

Speed: This class works on improving linear speed, acceleration and maximum velocity as well as change-of-direction mechanics.

LIFEReady

Looking for adult fitness classes for any skill level? We've got you covered. You'll be ready to tackle any fitness goal in your life with fitness classes for adults. LIFEReady fitness classes are led by our trained coaches and designed to meet you at your level of physical activity. Our goal is to teach you correct form and technique while building your strength, flexibility and confidence. We offer four variations of LIFEReady classes:

Burn: This high-intensity class combines strength training, plyometrics and conditioning, using a wide variety of equipment to enhance overall performance.

Strength: This class primarily focuses on strength training while also targeting metabolic conditioning, prehab (injury prevention) and overall fitness.

Foundation: This class is designed for beginner-to-intermediate fitness levels, with a focus on proper exercise technique to develop better functional movement, fitness and quality of life.

Senior LIFEReady: This class focuses on strengthening muscles, increasing range of motion and improving balance, coordination and cardiovascular health for enhanced quality of life. This class can be adapted to all fitness levels, for ages 65 and up.

LIFEReady Yoga

Our yoga instructors offer a variety of class styles that are adaptable to all levels, with structured routines to improve posture and joint mobility and enhance your overall feeling of well-being.

Senior LIFEReady Yoga: Your instructor will guide you through structured routines to improve posture, joint mobility and enhance your overall feeling of well-being, for ages 65 and up.

RETURNready

RETURNready offers individualized programming to bridge the gap between physical therapy and full activity. Following an assessment and based on your recovery timeline and needs, you'll be guided through a customized program to help you decrease your risk of reinjury and return with confidence.

Open gym

Work out at your own pace in our designated open gym area equipped with a great selection of free weights, circuit training and cardio options. Open gym is available for members ages 18 and older.

Recovery Room

Recharge with compression boots, red light therapy, cupping, massage guns and hot/cold therapy. Whether you're recovering from a workout or taking time for yourself, our tools support your body and mind.