
RAWHIDE HEALTH – MEDICINE IN A BETTER WAY

816 Main Avenue St. Maries, Idaho – Telephone: 208.245.7943 Cell: 208.582.3056
www.RawhideHealth.com

Fitness

Every person has their own vision of what is being “in shape.” Dr. Ross is knowledgeable, has a proven track record of success with, and is able to provide support in a full spectrum of health endeavors. Whether for the competitive athlete, those with particular job requirements, weight loss (to include morbid obesity), or any of many areas:

Strength training

Conditioning

Sports specific programs for speed, strength, agility, mind-body discipline, conditioning, . . .

Industrial program for offseason and returning to work

Physical function assessment and rehabilitation

Better living through better nutrition

Weight loss

Body building

Power lifting

Mixed martial arts conditioning

Post-op and non-use atrophy correction

These are some of the areas Dr. Ross has previously assisted his patients with. He will be glad to work out a routine depending on your needs if you would like this type of assistance. *Fitness center membership is an included component of all standard annual medical care plans and consists of the full level of direct assistance in all areas noted above, including nutritional support and education depending on the member’s desires and needs.* Fitness center membership is also available as an independent service.

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Independent fitness center agreements are:

- \$25 weekly

- \$100 monthly

- An approximately 25% discount off of the weekly rate if paid quarterly at \$240 per quarter; which averages out to \$80 monthly

- An approximately 45% discount off of the full rate for a 1 year commitment. If you want to make it happen, I want to see it a reality. A full year then comes down to just an average of approximately \$2 per day or \$60 per month when paid in full. This can be a significant upfront fee at \$720, but the discount is offered specifically for this level of commitment.

- ***An introductory offer is available for a 3 month trial at the annualized rate for first time members.*** \$180 will provide a full 3 months of gym access along with basic regimen development and fundamental nutrition support.

- Major credit cards may be accepted and can ease the impact by paying upfront or through reoccurring billing. Credit card services do have a user fee associated with them. Please discuss these options with Dr. Ross if these would be of interest for you.

Again, there is no added cost for gym access for any active medical plan members. Medical plan members can receive more in-depth and personalized exercise and nutrition support above and beyond basic gym members.

The Fitness Center is continuing in its development. Currently it includes a complete 12 unit Cybex selectorized system which can be the basis for a fantastic circuit based cardio routine, High Intensity Interval Training (HIIT) for cardio:resistance balance, or strength based and mass building routines. Rawhide Health has approximately 3,000 pounds of free weights with tri-grip plates, commercial urethane coated dumbbells from 5-95 pounds, squat rack, benches, high and low pulley. A training cage is in place for chin-ups, dips, vertical knee and leg raises and other body weight exercises. A heavy bag and speed bag platform are also available. Suggestions for new equipment are welcome.