

Rehabilitation Therapy

Personal Training



Our rehabilitation team is now offering personalized training!

Our personalized training sessions are conducted either one-on-one or in groups by a certified Personal Trainer/Cancer Exercise Specialist. They specialize in designing and prescribing tailored, safe, and effective exercise programs for cancer patients, survivors, and the general population alike. Our instructor ensures a secure environment where you can pursue your goals and surpass your potential.

One-on-One/Duo Personal Training (1-2 people)

- 1 session \$70
- 3 or more sessions \$65
- 2 people - 1 session \$90
- 2 people - 6+ sessions \$85

12-week Exercise Program - \$120

- An individualized resistance training program complete with pictures and descriptions of each exercise.
- Cardiovascular training recommendations and guidelines built to meet your needs.
- This package would include initial visit and program demonstration to assure proper technique, safety, and program adjustments.
- Continued support and assistance from your personal trainer for ongoing questions or concerns.



Meet Abby

Abby is a Certified Personal Trainer and Cancer Exercise Specialist with a bachelor's degree in Health Promotion and Wellness, backed by over a decade of experience in the fitness industry. Her mission is to create safe and customized exercise programs suitable for every fitness level, supporting individuals at any stage of their health and wellness journey.

To learn more about personal training classes and other rehabilitation services, call 402-420-7000.

Appointments are available Monday-Friday, 7 a.m. to 4 p.m.