

Stay Active For Life!

Our fitness facilities provide cardio and weight training equipment, free weights, group exercise classes and more.

Our highly qualified staff of Fitness Coordinators, Exercise Physiologists and Registered Nurses can help you safely achieve your health and fitness goals. All of our staff members are degreed, certified or medically trained specialists.



YAVAPAI REGIONAL MEDICAL CENTER

Proudly Caring for Western Yavapai County

YRMC PENDLETON CENTER WEST

at the YRMC Wellness Center
1112 Iron Springs Road, Prescott
(928) 771-5794

YRMC PENDLETON CENTER EAST

at the YRMC Del E. Webb Outpatient Center
3262 Windsong Drive, Prescott Valley
(928) 759-5920

Visit yrmc.org/services/preventive-medicine-and-wellness for our group class schedule.

Visit YRMCHHealthConnect.org

**Yavapai County's Premier Online
Health and Wellness Resource**



ADULT FITNESS



YRMC Preventive Medicine and Wellness

A Healthier You

Adult Fitness • Group Fitness



YAVAPAI REGIONAL
MEDICAL CENTER

Get Fit, Meet People and Have Fun!

Adult Fitness

Taking good care of your body is a great way to stay healthy and prevent illness and injury. Whatever your current fitness level, the Pendleton Center is right for you.

We offer a wide variety of membership options to meet your specific needs and goals. Our team of healthcare specialists monitor your exercise progress and provides additional instruction on safe exercise techniques, dietary changes, weight control and other health risk factors.

Group Classes

Do you enjoy a group setting? Come join one of our many fitness classes where you'll be led in a variety of movements that are safe, fun and effective. All classes are included in every membership option.

Personal Training

Let our fitness professionals design a comprehensive exercise program to address your individual and specific needs. Sign up for a one-on-one personal training session where our goal is to help you achieve maximum results and reach your highest possible fitness level.

Our Fitness Partners

Our facility is partnered with SilverSneakers®, Silver&Fit®, Renew Active™ and AARP Medicare Supplement Program plans.

Memberships include unlimited access to our equipment and classes. Already eligible? Come in to one of our locations to take advantage of your benefits. Not sure if you qualify? Let one of our staff members research your eligibility.

Medicare Eligible?

You may have a one-time complimentary visit which includes use of all equipment and classes.



Yavapai Regional Medical Center and the Pendleton Centers ... Yavapai County's Leading Health Care Providers

Our commitment is to educate and inspire healthy living at all levels and age groups. Our team will work with you to create an individualized plan based on your medical history, current condition and fitness goals.

Come visit us at our conveniently located facilities. Our knowledgeable and friendly staff can help answer questions and show you how to get started.

YRMC Preventive Medicine offers two locations



YRMC Pendleton Center West
1112 Iron Springs Rd.
Prescott
(928) 771-5794



YRMC Pendleton Center East
3262 Windsong Dr.
Prescott Valley
(928) 759-5920