



"Getting you back on your feet and into the game!"



A Division of Cape Cod Rehab



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FitPlan Staff

- Burdenko Method Instructors
- Certified Strength & Conditioning Specialists
- Certified Athletic Trainers
- Licensed Massage Therapists

Mashpee

800 Route 28
(508) 477-4800

Osterville

1336 Main Street
(508) 420-3535

Hyannis

735 Attucks Lane
(508) 778-5000



www.capecodrehab.com



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How can FitPlan help me?

- Strength, Flexibility, Balance
- Weight Loss
- Lower Blood Pressure
- Decrease Reliance on Medications
- Increase Energy
- Smooth transition from rehab to fitness as we have the tools you need to help maintain a healthy lifestyle



Testimonials

"I've always taken great comfort in knowing that I'm being given exercises which suits my issues. When I begin to have issues, the staff is able to come up with a solution easily."

~FitPlan Member

"Outstanding attention from all. Everyone at FitPlan is top notch – good move for me to come here." ~FitPlan Member

"Thank you very much for being so very good at what you do." ~Arlene

"The greatest place on Earth. They know their business and get you up and running. The staff has become family." ~Linda

FitPlan

Programs

Memberships

Fitness memberships are available at either our Mashpee or Hyannis location. Memberships include a Fitness Assessment and development of an individual "Fit Plan."

Personal Training

Need that extra motivation to get through a workout? Meet with one of our trainers for a one-on-one session to help you reach your health and fitness goals.

Classes

Burdenko pool classes, functional strength training, aerobics, tai chi, yoga, Pilates.



**Safe & Healthy Exercise
in a Comfortable Setting**

Aquatic Exercise

Our Hyannis location features an 88° warm water pool ideal for aquatic physical therapy and aquatic exercise. No more pain with every step, fear of falling, or apprehension with exercise!



Golf Fitness Assessments

Are you a golfer?

Our Titleist Performance Institute Golf Fitness Assessments might be what your golf game is missing!

Sports Conditioning

"We Build Athletes!"
Individualized training to reduce injury risk and improve athletic potential and maximize athletic performance.



Nutrition Coaching

Meet with our Nutrition Expert to assess your current diet and physical activity levels.