

OUR LOCATIONS

FITNESS SERVICES



North Location
(Marshall Medical Center North Campus)
40 Medical Park Drive
Guntersville, AL 35976
256-571-8850
256-753-8850 for Arab area residents

South Location
(Marshall Medical Center South Campus)
2505 US Highway 431
Boaz, AL 35950
256-840-3348



Marshall
Medical Centers
Health System
Visit us at mmcenters.com



Marshall
Wellness Center

Many Reasons. One Choice.
And Two Convenient Locations.

MMC164 3.19

Many Reasons. One Choice.

Get on the right track to fitness and wellness, right down the road at Marshall Medical.

You'll find easy access to health, fitness, and a whole lot more at Marshall Wellness Centers. Located at both Marshall Medical North and Marshall Medical South, our Wellness Centers are equipped with the latest fitness, wellness and rehabilitative technologies available.

Our professional staff is available to help you develop a fitness plan tailored to your specific needs. In addition, we offer a full range of physical rehabilitation services, sports medicine, occupational therapy, cardiac rehabilitation and much more – all provided by highly trained medical professionals and dedicated specialists. We also offer periodic health fairs and various health screenings at both locations.

Marshall Wellness Centers are available for our patients' use as well as to the general public. It's just another way that Marshall Medical is here to help keep you in the best of health.



Fitness Equipment & Services

- *Computer monitored cardio equipment*
- *Cybex® and Body Masters® weight machines*
- *Free weights*
- *Indoor heated therapy pool*
- *Indoor Olympic-size lap pools*
- *Complete dressing rooms with lockers*
- *Variety of aerobics classes including yoga, Pilates, step, kickboxing, body sculpting, circuit, low-impact and fitball*
- *Water aquatics classes including splash and burn, sea sculpting and arthritis classes*
- *Saunas*
- *Outdoor paved walking trails*



Three Quick Steps to Fitness

1. Call Marshall Wellness Centers to speak to a fitness professional.
2. Come in for an introduction to the facility and equipment.
3. Make your program a regular part of your routine. You'll strengthen your heart and lungs and improve your overall health.

