



CBRC Health & Fitness

FIRST STEP

spinal cord injury participants

This program is dedicated to improving the lives of individuals who have sustained paralysis after suffering a devastating spinal cord injury. Through an intense exercise-based program in a controlled and stable environment recovery is possible. This program will include the power plate, standing machine, strength training, and full-body stretching.

First Step participants will meet with our exercise professionals 2 or 3 times a week for 60-minute sessions.

The First Step Program is available in 3, 6, and 12-month programs.

Cost: \$60-\$68 per session depending on program length.

CBRC Health & Fitness Exercise Professionals believe in Movement Health and Movement Function. Get started today!

CONTACT US

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