



THE GOODWILL FITNESS CENTER

A SPECIALLY DESIGNED FACILITY FOR PEOPLE LIVING WITH A PHYSICAL DISABILITY OR CHRONIC ILLNESS



AT GOODWILL, WE BELIEVE IN THE **POWER OF WORK.**

AT THE GOODWILL FITNESS CENTER, WE ARE EQUALLY INSPIRED BY THE **POWER OF WORKING OUT.**



OCGOODWILL-FITNESSCENTER.ORG
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1601 East St. Andrew Place Santa Ana, CA 92705

INTRODUCING THE GOODWILL FITNESS CENTER

The Goodwill Fitness Center is Orange County's only gym designed specifically for people living with a physical disability or chronic illness. With specialized equipment, inclusive fitness classes and knowledgeable personal trainers, our extraordinary 12,000-square-foot center provides everything you need to improve your strength, cardiovascular conditioning and mobility. We also offer a skillful physical therapy team and the ability to work out either by yourself or with your caregiver. Many members develop a sense of community as they exercise alongside other people living with similar disabilities or illnesses. Call us today to learn more!

ENGAGING A PERSONAL TRAINER

By offering the right mix of insight and inspiration, our certified personal trainers provide a therapy-based training program that will:

- Improve your physical strength and conditioning
- Reinvigorate your training modalities each time you exercise to prevent workout boredom
- Help you achieve more progress in less time



EXERCISING GREATER INDEPENDENCE

The Goodwill Fitness Center will help you achieve your highest degree of physical independence. Our specialized program is designed to help you maximize your ability and achieve your personal best. At the Goodwill Fitness Center you will:

- Regain the ability to perform daily activities
- Minimize the potential for chronic pain caused by muscle imbalance or atrophy
- Prevent secondary health conditions and complications

GETTING STARTED

The Goodwill Fitness Center has developed an intensive assessment process to make sure everyone who works out with us is set up for success. After the fitness assessment, a certified inclusive fitness trainer will help you develop an exercise program based on your personal capabilities and goals. Personal trainers are always circulating the gym floor to offer support and guidance. Our affordable pricing and scholarship rates ensure that, whatever your ability to pay, we will make membership work for you.

PURSuing PHYSICAL THERAPY

Our highly trained physical therapy team is committed to providing innovative therapy for people with neurological disabilities, orthopedic injuries and other medical barriers to physical independence. Working closely with you, our physical therapists offer high-quality rehabilitation experiences. If you would like to take your rehabilitation to the next level, please call the Goodwill Fitness Center for an assessment today.

TOURS ARE AVAILABLE AND WE'RE HAPPY TO ANSWER ANY QUESTIONS YOU MAY HAVE.



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