**Class title/program:** Larimer County & Genesis: Wellness Program  
**Provider:** Genesis Health Clubs  
**Phone:** 970-221-5000  
*Ask for Mariah Bryant (Gym Manager) or Nate Seitz (CrossFit Director)  
**Address:** 1800 Health Pkwy. Fort Collins CO 80524  
**Instructor Names and Credentials:**  
- Nate Seitz – CrossFit Program Director (CF-L3)  
- Mike Reynolds – B.S. Health and Fitness; ACE Certified Personal Trainer; CF—1; TRX certified  
- Marty Castor – B.S. Exercise Science; M.S. Health & Exercise Science; ACSM Certified Exercise Physiologist  

**Exact Dates or Date Range:** 5 months  
**Cost:** $500  

**Addressing:**  
- Weight Management: PFA  
- Stress management: no  
- Diabetes or diabetes prevention: Foundations and Comp PT session  
- High cholesterol/prevention: RBT1 – Nutrition  
- Tobacco Cessation: no  
- Hypertension/prevention: RBT1 – Nutrition  
- Emotional health: no  
- Chronic Disease Management: Fundamentals  
- Nutrition/Healthy eating: RBT 2 (Zone/Macros)  

**Included for reimbursement:**  
- Receipt for membership  
- Program overview  
- Activity log (attended 75% of program?)  
- Participant completed evaluation of assessment  

**Program Overview:**  
1) Complete Results Based Training (RBT) sessions  
   a. Initial weigh in  
   b. body metrics  
   c. food education/consultation  
   d. Equipment/facility education  
   e. Receive and complete RBT packet  
2) Complete Fundamentals  
   a. Exercise methodology – how it pertains to daily life  
   b. Movement screen  
      i. Functional movement as it pertains to life and job duties  
      ii. Mobility and limitation assessment  
3) Complete baseline fitness assessment/evaluation:
a. # of consecutive pushups in 1 min
b. 1 mile run or 2 km row
c. “Baseline”
   i. For time:
   ii. 500m row
   iii. 40 air squats
   iv. 30 sit-ups
   v. 20 pushups
   vi. 10 pullups

4) Participant will at this point have full access to all group classes and gym access to include if desired, unlimited CrossFit classes.

5) Participants attendance will be pulled after 5 months of participation.

6) In the last week of the participants 5th month:
   a. Weight and body metrics assessment
   b. Baseline fitness assessment/evaluation conducted:
      i. # of consecutive pushups in 1 min
      ii. 1 mile run or 2 km row
      iii. “Baseline”
         1. For time:
         2. 500m row
         3. 40 air squats
         4. 30 sit-ups
         5. 20 pushups
         6. 10 pullups