

McLaren Print System Order

Order No: 7760 Reprint Previous Order No: 7725
Order Date: 2014-12-19
User: Gai Clemmer
Phone: 342-5560

Ship Location: 1N Office / Gai Clemmer
401 S. Ballenger Hwy
Flint, MI 48532

Forms

Quantity: 250
Paragon Dept No: 40710
Dept Name: Wellness and Athletic Training
Company Number: 60

Order Total Price: 38.75

Item Number: M-55
Item Description: McHealthy Important Information
Revision Date: 12/2014
Print:
Paper:
Size:
Fold:
Finish:
Drill:
Misc Info: 32 lb color copy; SS; no bleed



Gym Operational Times at (Fitness)
Medical Center - in the Cardiac Rehab Gym
342-4215 M., W, F: 12:00 am - 6:30 am, 9:00 pm - 11:00 pm
T, Th: 12:00 am - 6:30 am, 9:30 pm - 11:00 pm
M - F: 12:00 pm - 1:00 pm
Saturday and Sunday: Open 24 hours

Bristol PT and Wellness facility
342-5850 M - Th: 7:00 am - 8:30 pm, closed 12:00 pm - 1:00 pm
Friday: 7:00 am - 9:00 pm, closed 12:00 pm - 1:00 pm

Penton PT and Wellness facility
730-3332 M - Th: 7:00 am - 8:00 pm, closed 12:00 pm - 1:00 pm
Friday: 7:00 am - 9:30 pm, closed 12:00 pm - 1:00 pm

Flushing PT and Wellness facility
342-5550 M - F: 6:30 am - 8:00 pm, closed 12:00 pm - 1:00 pm

Classes / Events: ALL HELD AT THE 1N CARDIAC REHAB GYM

Zumba - Latin dance inspired exercise
Tuesday: 6:30 pm - 8:00 pm
Thursday: 9:30 pm - 8:30 pm

Fitness Class - 30 mins of Cardio followed by 30 mins of strengthening exercise
Saturday: On Hold until further notice

Yoga - relaxation and meditation exercise
Express Yoga - 30 minutes long
Tuesday: 12:15 pm - 12:45 pm (Cardiac Rehab Gym)
Thursday: 12:15 pm - 12:45 pm (Cardiac Rehab Gym)

Line Dancing
Monday: 6:00 pm - 8:00 pm

Personal Trainer Services (additional fee)
Personal Training one on one
Contact McHealthy office @ 342-5560
Berthly Rate: \$20/session - 1 on 1

Massage Therapy: \$20 for 30 minutes
*Pay at time of service
Fourth Wednesday of every month: 9 am - 3 pm
Appointment necessary. Call 342-5560 for appointment.

JUST SHOW UP FOR THE CLASS AND SWIPE YOUR BADGE FOR ACCESS

REMEMBERS

- Everyone who enters the McHealthy gym MUST be a McHealthy member.
- Please pick up after yourself. Put weights and balls back to original place.
- The computer, including the speakers, is NOT to be touched.

