



Gym Operational Times at: (Fitness)

Medical Center: in the Cardiac Rehab Gym 342-4215	M , W, F: 12:00 am – 6:50 am, 5:00 pm – 12:00 am T, Th: 12:00 am – 6:50 am, 3:30 pm – 12:00 am M – F: 12:00 pm – 1:00 pm Saturday and Sunday: Open 24 hours
Bristol PT and Wellness facility 342-5350	M – Th: 7:00 am – 6:30 pm, closed 12:00 pm – 1:00 pm Friday: 7:00 am – 5:00 pm, closed 12:00 pm – 1:00 pm
Fenton PT and Wellness facility 750-2222	M – Th: 7:00 am – 6:00 pm, closed 12:00 pm – 1:00 pm Friday: 7:00 am – 3:30 pm, closed 12:00 pm – 1:00 pm
Flushing PT and Wellness facility 342-5550	M – F: 6:30 am – 6:00 pm, closed 12:00 pm – 1:00 pm

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

Zumba - Latin dance inspired aerobic	Tuesday: 4:30 pm – 5:30 pm Thursday: 5:30 pm – 6:30 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 Berlin Byers: \$20/session – 1 on 1
-------------------------------	--

Massage Therapy: \$10 for 10 minutes
Pay at time of service

Fourth Wednesday of every month: 9 am – 1 pm
Appointment necessary. Call 342-5560 for appointment.

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

REMINDERS:

- 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.

