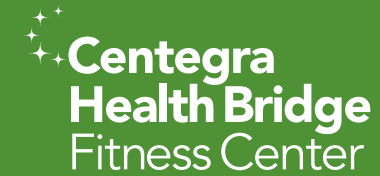


CENTEGRA WELLBRIDGE PROGRAM



Centegra Health Bridge Fitness Center offers a full continuum of wellness programs such as:

- FREE quarterly fitness & nutrition lectures
- Wellness coaching
- Nutrition services including consultation, analysis, and more

Call 815-444-2900 to learn more.

Centegra Health Bridge Fitness Center - Crystal Lake
200 Congress Parkway
Crystal Lake, IL 60014

Centegra Health Bridge Fitness Center - Huntley
10450 Algonquin Road
Huntley, IL 60142

(815) 444-2900

healthbridgefitness.com

Participate in a variety of Centegra WellBridge classes tailored specifically for you:

Centegra WellBridge Class Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---------------------------------------|--|---------------------------------------|--|-------------------------------------|
| 10:30am 30 min. Cardio | 10:30am 45 min. Fit Walk | | 10:30am 45 min. Fit Walk | 10:30am 30 min. Cardio | 10:30am 30 min. Cardio |
| 11:00am 30 min. Balance/ Flexibility Strength | | 11:00am 30 min. Balance/ Flexibility Strength | | 11:00am 30 min. Balance/ Flexibility Strength | |
| 6:00pm 30 min. Cardio | 6:00pm 45 min. Fit Walk | 6:00pm 30 min. Cardio | 6:00pm 45 min. Fit Walk | | |
| 6:30pm 30 min. Balance/ Flexibility Strength | | 6:30pm 30 min. Balance/ Flexibility Strength | | | |

Visit healthbridgefitness.com/wellbridge to learn more about this exclusive program.



We commit to serving with genuine respect, passionate caring and a joyful spirit.

C5925092



FREE Group Fitness classes offering all levels of cardiovascular exercise to help build your strength include:

Aqua Fitness

This water class focuses on cardio fitness, muscle conditioning, range of motion and flexibility.

Aqua Pump & Aqua Sprint

In these water classes, you'll work on intervals of cardio and resistance or drills in lap format.

BODYVIVE™

Choose how hard you work! You'll focus on heart fitness, functional strength and core.

Chair Yoga

This gentle yoga class will release stress, lengthen muscles, and promote good posture and balance.

Power Cycle 45

Great for new riders! Learn bike set up and technique while still getting a great workout.

Fit Over 50

Low impact activities and weighted exercises strengthen your heart and build muscle tone.

Young at Heart

Low impact aerobics will challenge your balance and improve your inner and outer strength.

HydroDynamics

Dynamic moves in the water that will raise your heart rate and shape your body.

Whole Water Works

Get a great workout with high-intensity intervals, toning and choreography.

ZUMBA™

This dance class fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program for everyone.

SH'BAM™

This dance program lets everyone become the star of their own dance show, with simple moves that anyone can cut loose to.

* Please consult your physician before beginning any exercise program.

The Centegra WellBridge Program is for patients at risk and must be prescribed by their attending clinician.

What does my Centegra WellBridge Program include? You'll receive all the tools you need to succeed & meet your goals:

- A two-month membership for you and a support person at Centegra Health Bridge Fitness Center - for just \$60 per person!
- A FREE Bridge Assessment
- \$0 enrollment when you join Centegra Health Bridge Fitness Center

What do my benefits include?

- Access to two convenient locations in Crystal Lake & Huntley
- Over 200 FREE Group Fitness classes weekly
- Indoor lap and warm water therapy pools and outdoor pool access
- Free gift upon completion of your membership
- Free WellBridge Fitness Classes
- Save over \$72 per person



* One Centegra WellBridge Program per person, per 12-month period. To begin your program, you must have a referral from your clinician.



Your complimentary Bridge Assessment includes a four-part, state-of-the-art customized fitness assessment with a Personal Trainer:

Phase 1:

- Clinical blood test for cardiac risk including:
 - Fasting glucose
 - Total cholesterol
 - LDL & HDL cholesterol
 - Triglycerides

Phase 2:

- Exercise screening questionnaire
- Resting heart rate & blood pressure
- Body composition, body-mass index, circumferences
- cardiorespiratory fit test

Phase 3:

- Two scheduled 30-minute personal training sessions

Phase 4:

- IGNITE studios class

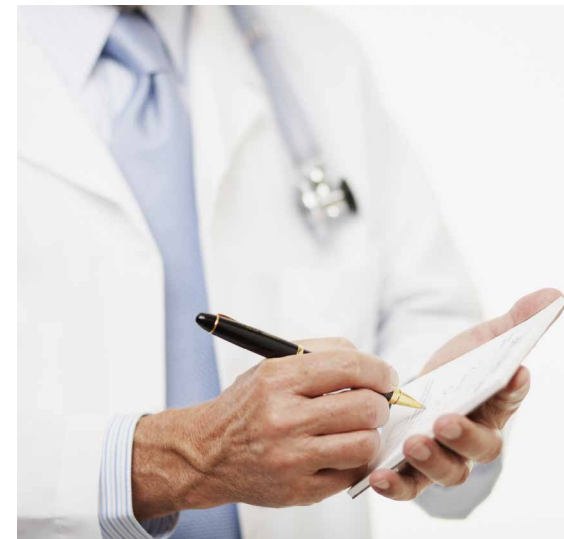
\$0 Enrollment

Continue your wellness journey at Centegra Health Bridge Fitness Center. You'll receive \$0 enrollment when you join. Offer valid for 30 days after your WellBridge membership expires.

Already a Centegra Health Bridge Member? Let us know. You'll still receive:

- A \$60 two-month membership for a support person
- Your FREE Annual Bridge Assessment
- Two 30-minute Personal Training session as part of your Bridge Assessment

Activation is easy. Simply stop in to see a Membership consultant at either our Huntley or Crystal Lake locations with your completed form.



Centegra WellBridge Program

(Your physician or clinician must complete this form to receive your \$60 membership.)

_____*
Patient Name

_____*
Patient Phone

_____*
Patient Date of Birth

_____*
As the personal physician/clinician of

(Patients name)

I am authorizing physical activity and exercise programs at Centegra Health Bridge Fitness Center. I recommend the following (check all that apply):

____ **This patient is in sufficiently good health to begin an exercise program**

____ **This patient's physical activity should NOT include:**

____ **With the patient's permission, I would like to receive a copy of this patient's fitness evaluation results.**

Physician Fax

_____*
Physician/Clinician Signature Date

_____*
Physician/Clinician Name (please print)

_____*
Phone Number

_____*
Referring Department (i.e. Cardiac Rehab)

To begin your Centegra WellBridge Program, please present this completed form to Member Services at either location. Call (815) 444-2900 for more information.

* Required.

Activate your Centegra WellBridge Program now - stop by Member Services in Crystal Lake or Huntley.

200 Congress Pkwy. | Crystal Lake, IL 60014
10450 Algonquin Rd. | Huntley, IL 60142

