



BE ACTIVE AND LIVE WELL. JOIN TODAY!

As a member of McHenry County's only medically based fitness center, you'll enjoy amenities and programs offered by fitness professionals who care about your health and wellness goals.

CENTEGRA HEALTH BRIDGE FITNESS CENTER OFFERS

- Locations in Crystal Lake and Huntley
- Over 200 group fitness classes weekly
- **Complimentary Bridge Assessment:** a fitness consultation with a certified personal trainer, plus two free training sessions
- Leading-edge indoor tennis courts, racquetball courts and running tracks
- Access to indoor and outdoor swimming pools and aquatics programming, including swim lessons
- Childcare and activities at KidZone, including day camps
- **WellBridge Classes:** an exercise program available by prescription to meet your wellness goals, led by a certified personal trainer
- Multi-faceted nutrition and wellness programs incorporating exercise and behavior to give you the tools for long-term success

 **Centegra**
Health Bridge
Fitness Center

ALWAYS LOOKING AHEADSM

» **CALL TODAY!** Visit healthbridgefitness.com or call 815-444-2900.

Enrollment fee is applied per household. Must be 12 year of age or older to join. Certain restrictions may apply. Offer ends May 31, 2017.

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