

## Where Medical & Sports Professionals Team Up for Your Good Health!



The Cardiovascular Fitness Center features treadmills, upright and recumbent bikes, elliptical cross trainers, stair steppers, a rowing machine, upper body ergometers and a cardio theater.

### FEES AND MEMBERSHIP RATES

Three-month membership rate is \$78 per person, effective January 1, 2018.

FOR MORE INFORMATION, CALL:  
**(618) 398-2778**  
[www.bhsc.info](http://www.bhsc.info)



**BJC** HealthCare

1001 South 74th Street  
Belleville, Illinois 62223

Memorial complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-314-273-1487 (TTY: 1-800-735-2966).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-314-273-1487 (TTY: 1-800-735-2966)。

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## 62 PLUS *Health and Fitness Program*



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# WHAT IS THE 62 PLUS PROGRAM?

Memorial Hospital and Belleville Health and Sports Center offer a self-health wellness program designed specifically for the increasing number of people 62 years or older who are concerned about their total health and fitness.

## USE OF FACILITY

- Unlimited Hours
- Cardiovascular and strength equipment
- Walking/jogging track
- Racquetball
- Sauna
- Special 62 PLUS classes:  
Strength, Aerobics, Step, Stretch,  
Chair Aerobics



## EXERCISE

- FLEXIBILITY
  - Stretch Class
  - Tai Chi
  - Yoga
- CARDIOVASCULAR
  - Walking/ jogging track
  - Upright & Recumbent bikes
  - Cross-Trainers
  - Stairmasters
  - Aerobics classes
  - Racquetball
  - Treadmills
  - Nu Steps
  - Zumba® Gold
  - Chair aerobics  
(SilverSneakers Classic)
  - Pickle Ball
- STRENGTH
  - Nautilus and free weights
  - Pilates
  - Yoga

## PROFESSIONAL STAFF

A team of professional instructors supervise and direct the program.



## SOCIAL ACTIVITIES

62 PLUS members have input regarding programming and special events offered. Among the activities are:

- Potluck luncheons with interesting lectures or entertainment
- Annual Christmas party
- Bus outings to area attractions
- Parties and picnics