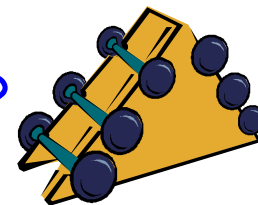


Looking for a great place to exercise?



Hillcrest Hospital Employee Fitness Center

Located in Cardiac Rehab., the Hillcrest Hospital Employee Fitness Center is a great place to work out. Plus, it's convenient to and from work. For only \$10/month (payroll deduction) you can use a variety of fitness equipment including:

- Treadmills
- Schwinn Airdyne Bike
- Cycling Bike
- Arm crank
- Ellipticals
- NuStep Recumbent Stepper
- Free Weights

The Fitness Center is open the following hours for employees:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Until 6:30am	Until 6:30am	Until 7am	Until 6:30am	Until 6:30am	Anytime	Anytime
After 7pm	After 9pm	After 2pm	After 7:30pm	After 2pm		

*Fitness Center is open 24/7 but can only be used by employees during the times listed above

Shower facilities are available for your convenience.

For more information contact Cardiac Rehab. at ext. 27999 or stop in to pick up an enrollment packet.

