



Fitness Center equipment

Cardiovascular

- 18 LifeFitness Inspire Treadmills
- 10 LifeFitness Inspire Elliptical Cross Trainers
- 4 Precor AMT Elliptical Cross Trainers
- 3 Cybex Total Body Elliptical Arc Trainers
- 2 LifeFitness Summit Trainers
- 2 LifeFitness Upright Bicycles
- 4 LifeFitness Recumbent Cycles
- 4 Star Trace Spinner Bikes

Strength Training

Free Weights/Other

- Dumbbells Up to 100 Pounds
- Adjustable / Utility Benches
- Power Rack
- Olympic Flat / Military / Incline Benches
- Spri Exertubes (exercise bands)
- Stability and BOSU Balls / Medicine Balls

Circuit Strength Equipment:

- Chest Press
- Lat Pulldown
- Leg Press
- Leg Extension
- Leg Curl
- Low Row
- Lower Back
- Human Sport Shoulder / Chest
- Human Sport Lat Pully
- Human Sport Total Delts
- Human Sport Arms / Abs
- Human Sport Total Legs
- Human Sport Pull Lift
- Functional Cable Machine
- Max Rack
- Plate Loaded Bench
- Plate Loaded Lat
- Plate Loaded Row
- Plate Loaded Shoulder
- Plate Loaded Calf and Leg
- Plate Loaded Biceps

TV /Audio

MYe Entertainment System

- TV Monitors Placed Throughout the Center (audio available by plugging headphones into cardio equipment)

For more information

300 E. Randolph St., Chicago, IL 60601
800 CAL

Phone: (312)653-8002

E-mail: motivafitnesscenter@bcbsil.com



LITTLE THINGS
DO MAKE A
BIG
DIFFERENCE.

The Motiva Fitness Center team congratulates you on taking a big step toward a healthier lifestyle. Our primary goal is to provide you with knowledge and tools to help make physical activity part of your daily routine. By joining the Motiva Fitness Center, located at 300 E. Randolph St., 800 CAL, you're giving yourself easy access to programs and services to improve your health conveniently, right at the workplace. For more information, contact the Fitness Center at (312)653-8002 or by e-mail at motivafitnesscenter@bcbsil.com.

Advantages of membership

Certified, degreed health and fitness specialists and trainers: These professionals can provide a personalized exercise program, periodically reassess your fitness progress and provide direction for your individual exercise needs.

State-of-the-art cardiovascular and resistance equipment: Refer to the back panel for a detailed list.

Full-service amenities: Locker rooms, towel service, hair dryers, and showers with body wash, shampoo and lotion are available to make the transition from Fitness Center to workplace as smooth as possible.

Membership

Fitness Center membership is open to all HCSC employees, contractors, temps and tenants.

Enrollment procedure

Step 1: Program registration

Complete a Member Registration/About You form in addition to a Release of Liability and Consent and a Physical Activity Readiness Questionnaire (PAR-Q).

If you have indicated "yes" to any of the questions on the PAR-Q form (or have regular blood pressure measurements above 140/90), a Medical Release form must be completed by your personal physician and returned to the Fitness Center.

Step 2: Fitness assessment (optional)

The Motiva Fitness Center staff will contact you to schedule your fitness evaluation. If you would like to have an evaluation completed, you may choose between a Quick Fit Check or a Full Fitness Assessment.

Quick Fit Check: The Fit Check provides minimal assessment of your current fitness level and measures your resting heart rate and blood pressure, height, weight and hip-to-waist ratio.

Full Fitness Assessment: This is a comprehensive assessment of your current level of fitness. Our Fitness Center staff will assess your fitness level measuring your resting heart rate and blood pressure, body composition, flexibility, cardiorespiratory conditioning and muscular strength and endurance. This information will provide the professional staff with baseline measurements and assist them in developing an exercise program tailored to meet your individual health and fitness goals based on your current level of conditioning.

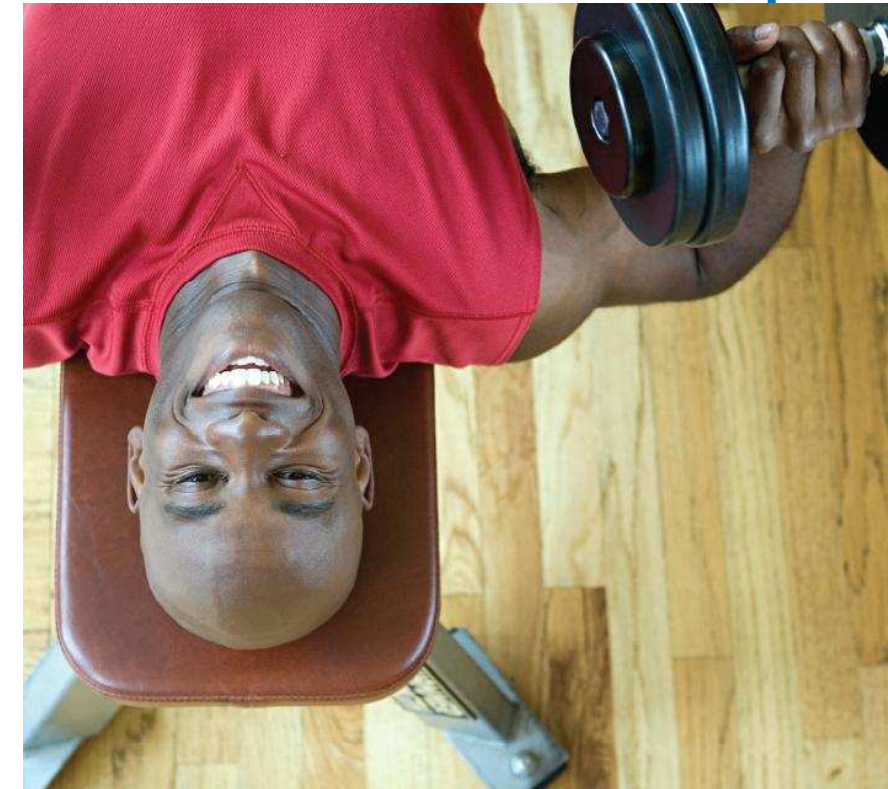
Step 3: Program orientation

The Motiva Fitness Center staff will contact you to schedule a second appointment to review your individualized exercise program, complete a facility and equipment orientation and receive the policies and procedures of the Fitness Center.

Fitness Center hours

- **Monday-Thursday:** 5:30 a.m.–7 p.m.
- **Friday:** 5:30 a.m.–6 p.m.

Closed on weekends and HCSC recognized holidays.



Take a little step toward getting in shape.