

## McLaren Print System Order

Order No: 7742 Reprint Previous Order No: 7725  
 Order Date: 2014-12-19  
 User: McLaren BC  
 Phone: floor

Ship Location:

### Forms

Quantity: 500  
 Paragon Dept No: 1122  
 Dept Name: Already printed  
 Company Number: 60

Order Total Price: 77.50

Item Number: M-55  
 Item Description: McHealthy Important Information  
 Revision Date: 12/2014  
 Print:  
 Paper:  
 Size:  
 Fold:  
 Finish:  
 Drill:  
 Misc Info: 32 lb color copy; SS; no bleed



#### Gym Operational Times at (Times)

Medical Center - in the Cardiac Rehab Gym 340-4215	M, W, F: 12:00 am - 6:30 am, 9:00 pm - 11:00 pm T, Th: 12:00 am - 6:30 am, 9:30 pm - 11:00 pm M - F: 12:00 pm - 1:00 pm Saturday and Sunday: Open 24 hours
Bristol PT and Wellness facility 340-5850	M - Th: 7:00 am - 8:30 pm, closed 12:00 pm - 1:00 pm Friday: 7:00 am - 9:00 pm, closed 12:00 pm - 1:00 pm
Penton PT and Wellness facility 730-3332	M - Th: 7:00 am - 8:00 pm, closed 12:00 pm - 1:00 pm Friday: 7:00 am - 9:30 pm, closed 12:00 pm - 1:00 pm
Flushing PT and Wellness facility 340-5550	M - F: 6:30 am - 8:00 pm, closed 12:00 pm - 1:00 pm

#### Classes / Events: ALL HELD AT THE 1N CARDIAC REHAB GYM

Dance - Latin dance inspired exercise	Tuesday: 6:30 pm - 8:30 pm Thursday: 9:30 pm - 8:30 pm
Fitness Class - 30 mins of Cardio followed by 30 mins of strengthening exercise	Saturday: On Hold until further notice
Yoga - relaxation and meditation exercise Express Yoga - 30 minutes long	Tuesday: 12:15 pm - 12:45 pm (Cardiac Rehab Gym) Thursday: 12:15 pm - 12:45 pm (Cardiac Rehab Gym)
Line Dancing	Monday: 6:00 pm - 8:00 pm
Personal Trainer Services: (Additional fee) Personal Training one on one	Contact McHealthy office @ 340-5580 Berlin Byrns: 100/session - 1 on 1
Massage Therapy: 100 for 30 minutes Pay at time of service	Fourth Wednesday of every month: 9 am - 3 pm Appointment necessary: Call 340-5580 for appointment.

**JUST SHOW UP FOR THE CLASS AND SWIPE YOUR BADGE FOR ACCESS**

#### REMEMBERS

- Everyone who enters the McHealthy gym MUST be a McHealthy member.
- Please pick up after yourself. Put weights and balls back to original place.
- The computer, including the speakers, is NOT to be touched.

