

# Fitness / Physical Activity



Program / Collateral	Description / Cost
Employee Fitness Center Memberships	Varies by Location
<a href="#">Website Link—FCs</a>	Walker: EHP—free, Non-EHP \$45/month, \$120/ 3 months, \$360/year TRW: EHP— free, Non-EHP—\$240/year CCAC: EHP-free, Non-EHP—\$300/year BOC (only open to BOC employees) EHP- free, Non-EHP \$240/annum Fairview: EHP-free, Non-EHP - \$10/mo Hillcrest: EHP—free Wooster: EHP—free, Non-EHP—\$100/year Euclid ( only open to Euclid Hosp employees) EHP—free, Non EHP—\$120/year MCRC/Medina Recreation Center and 24 HR Fitness in Florida and Las Vegas - contact fitness center staff for more information on those partnerships.
Run Club	Train for a 5k run with this 8-week course which includes educational presentations, training materials, weekly group runs, a tech t-shirt and more! Usually meet for 1 hour during a week night at the Walker Fitness Center. \$45.
<a href="#">Website Link—Run Club</a>	
Group Fitness Classes	We offer a wide variety of classes for all levels, ranging from high-intensity to low-impact. Free with membership (except TRX—\$5/class \$25/6 classes).
<a href="#">Website Link—Group Ex</a>	
Personal Training	Our personal training staff is comprised of Fitness Specialists with Bachelor's Degrees in exercise-related fields. Our mission is to help you achieve your health and fitness goals through education, motivation and individualization. We offer one-on-one 30-minute and one-hour sessions, as well as small group one-hour training sessions.
<a href="#">Website Link—Personal Training</a>	30 Minute: 4 sessions - \$80, 6 sessions - \$100, 12 sessions - \$180. 60 Minute Sessions: 4 - \$140, 6 - \$180, 12 - \$300. Semi-Private 1 hour sessions also available.
Get Active	Event calendar throughout the system and community for employees and families to get involved in!
<a href="#">Website Link—Get Active</a>	
On the Website	Visit the Physical Activity tab for further information on physical fitness guidelines, and occasional CC fitness incentive programs.
<a href="#">Website Link—Physical Activity</a>	