



We make membership as painless as possible. Stop by and pick up a copy of our Physician's Consent Form. Take it to your physician to be filled out and signed. Then schedule an appointment with one of our certified personal trainers for your orientation. It's that easy!

Our 55+ Healthy Lifestyles Fitness Center works in partnership with Cecil County's Healthy Options Programs for Seniors (H.O.P.S). These free classes are designed to help adults age 55 and above to get in shape and stay there! These classes include: Line Dancing, Senior Strength Training, Tai Chi Quan: Moving for Better Balance, Walk with Ease, S.A.I.L. (Stay Active and Independent for Life), Enhance Fitness, and more. For more information, please speak with staff.



"I feel like I've gotten my life back since I've come here! The staff is wonderful and for the first time in a long time, I'm excited about my future..."

Cecil County 55+ Healthy Lifestyles Fitness Center

*200 Chesapeake Blvd.
Suite 2500*

Elkton, MD 21921

Phone: 410-620-3101

Fax: 1-800-758-0915



Cecil County 55+ Healthy Lifestyles Fitness Center

*The Fitness Solution
for Adults*

**Open Monday through Friday
8:00 am to 5:00 pm**

**200 Chesapeake Blvd.
Suite 2500
Elkton, MD 21921**

**Phone: 410.620.3101
Fax: 1.800.758.0915**

Healthy Lifestyles Fitness Center



HLFC staff left to right: Tom Capezio, Juana Darr, Ed Wentzell, Jim Tambasco

The **Healthy Lifestyles Fitness Center** is the first of its kind in Cecil County and has successfully grown since it first opened its doors in 2004. It was created for adults age 55 and above and offers Keiser equipment, personal trainers, and a non-threatening atmosphere where the focus is on exercising safely at your own pace. We offer a general fitness program, the **Life Beyond Cancer Program**, **Tai Chi for Better Balance**, and **Rock Steady Boxing for Parkinson's Disease Program**. Fitness Center members who exercise on a regular basis report improved strength, fewer medications, increased endurance and a better outlook on life.

HLFC Membership Rates

Membership Cost for Cecil County Residents

One Month	\$25.00
Three Months – 10% Discount	\$68.00
Six Months – 20% Discount	\$120.00
Twelve Months – 30% Discount	\$210.00
Spouses' Fitness Special (Purchase One membership,	Save \$
New Member Set-Up Fee	\$20.00

Membership Cost for Non-Cecil County Residents

One Month	\$35.00
Three Months – 10% Discount	\$95.00
Six Months – 20% Discount	\$168.00
Twelve Months – 30% Discount	\$294.00
Spouses' Fitness Special (Purchase One membership, spouse rate is 1/2 price)	Save \$
New Member Set-Up Fee	\$20.00



Gift certificates are available!

The **Life Beyond Cancer Fitness Program** is for cancer survivors who are currently in the recovery process. Cecil County residents receive twelve free classes and work with our Cancer Exercise Specialist. The program is designed to help recent survivors regain their range of motion, increase flexibility and energy, rebuild muscle mass and strength in a safe, non-threatening environment.

Tai Chi – Moving for Better Balance has been proven to enhance flexibility, muscular strength, over all fitness and balance skills. Our free, twelve week program can help reduce your risk of falling and is offered free of charge.

The **Rock Steady Boxing for Parkinson's Disease Program** enables individuals 55 years and over with Parkinson's disease to fight their disease by providing a non-contact, boxing-style, fitness curriculum that improves their quality of life, sense of efficiency, and self-worth. Recent studies have suggested that intense exercise programs, such as Rock Steady Boxing, may be "neuro-protective", meaning that these programs are working to delay the progression of Parkinson's symptoms. While classes may be intense (up to the ability of each participant), we do not forget to have fun!