

Welcome Residents and Medical Students
to the
St. Luke's Health and Fitness Centers!

At the St. Luke's Health and Fitness Centers, we design programs that cater to many fitness levels. Our staff of exercise physiologists, specialists and instructors will help you in designing a personal program that reflects your needs and helps you achieve your goals.

Our fitness program is anchored in science and focuses on results through systematic guidance from the staff.

Your Health and Fitness training begins with a scheduled fitness orientation.

PLEASE CALL THE COMMERCE WAY FITNESS CENTER AT 484-526-3177 OR THE ANDERSON CAMPUS FITNESS CENTER AT 484-503-0100 TO SCHEDULE YOUR ORIENTATION SESSION.

THE PROGRAM: GETTING STARTED

- **Make an appointment-** for an Orientation Session. Explain that you are a St. Luke's Hospital Resident or a Medical Student on rotation at St. Luke's.

- **Orientation Session** - is a one-on-one orientation consisting of:
 - Review of medical history and goal setting
 - Program development
 - Orientation to equipment
 - Review of training methodology

- **Ongoing** - staff is always available for questions and program adjustments. Ask staff about the many group exercise classes offered.

Locations:

Commerce Way

77 South Commerce Way
Bethlehem, PA 18017
484-526-3177

Anderson Campus

1700 Riverside Circle
Easton, PA 18045
484-503-0100

Hours for Both Locations:

Monday-Thursday	5:30 a.m. - 10:00p.m.
Friday	5:30 a.m. - 9:00 p.m.
Saturday	7:00 a.m. - 4:00 p.m.
Sunday	9:00 a.m. - 4:00 p.m.