

# FITNESS CENTER



**NOW OFFERING OPEN GYM HOURS!**

**WHO:** *All patients of GLIHC, community members with completed PAR-Q waiver forms*

**WHAT:** *A space to work on goals and learn about fitness*

**WHERE:** *The Fitness Center (2nd Floor across from Diabetic Kitchen)*

**WHEN:** *9:00 – 11:30 AM Monday - Thursday (subject to change after April 29th)*

**WHY:** *Because you're worth it!*

*\*To be eligible, clients must turn in PAR-Q waiver forms to Jason or ANWC*

**9-11:30AM**  
**MONDAY-THURSDAY**  
**MARCH 28<sup>TH</sup> - APRIL 29<sup>TH</sup>**



**APPOINTMENTS  
AVAILABLE WITH**  
**JASON RAYMOND**  
**FITNESS COORDINATOR**

**FOR QUESTIONS, CONCERNS OR TO SCHEDULE AN APPOINTMENT**

**CALL 414-316-5037**



**GERALD L. IGNACE**  
**INDIAN HEALTH CENTER**

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