



*Live an  
Abundant Life®*



  
**Lutheran  
SeniorLife**  
Passavant  
Community

105 Burgess Drive  
Zelienople, PA 16063  
[www.lutheranseniorlife.org](http://www.lutheranseniorlife.org)



*Our certified  
Exercise Specialists  
will develop a plan  
just for you to help you  
achieve your unique  
fitness goals.*

**Fitness & Wellness Center**  
**Hours of Operation:**  
**Monday through Friday**  
7:15 a.m. – 5:15 p.m.  
**Saturday**  
7:15 a.m. – Noon

Lutheran SeniorLife complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Lutheran SeniorLife does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

ATTENTION: If you do not speak or understand English, language assistance services, free of charge, are available to you. Call (724) 742-2295 (TTY Relay Services 711)

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (724) 742-2295 (TTY 711)

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero (724) 742-2295 (TTY 711)

  
**Lutheran SeniorLife**  
Passavant Community  
**Fitness & Wellness  
Center**



Providing an *Abundant Life®*  
to the community through physical,  
nutritional and therapeutic programs.

*Fitness and Wellness* 

# Fitness & Wellness Center

724-452-3456

The certified Exercise Specialists at the Fitness and Wellness Center at Passavant Community are dedicated to helping not only our campus residents, but members of our surrounding communities achieve their wellness goals.

We will design an individualized program for adults of any age that can be executed in our quiet, low-pressure gym and indoor, heated pool.



*Live an  
Abundant Life®...*



Your membership includes the following:

- Fitness assessment
- Use of strength and cardio equipment, Web-slide band system, and swimming pool
- Participation in group exercise classes

These services are also available at an additional cost:

- Nutrition counseling and medical nutrition therapy
- Rehabilitation services
- Personal training

## FITNESS CENTER MEMBERSHIPS

Unlike most fitness centers, we do not require a start-up fee and there are no long term commitments.

The monthly membership fee is \$40. We offer both SilverSneakers and Silver & Fit programs, which means there may be no cost for your membership.\*

*\* Contact us to see if you are eligible.*

