



Live Memorial Well

LEARN EAT MOVE SHARE

Are you aged 55 or older and looking for a place to exercise?

Our Frontier Wellness Center, located at 148 C Gross Street, Frontier Shopping Center, Marietta, OH, offers a variety of fitness equipment including cardiovascular machines (treadmills, stationary bikes, seated steppers, ellipticals), strength training equipment (pin-adjustable selectorized machines), free weights (dumbbells, resistance bands, medicine balls), yoga mats and blocks as well as functional training equipment such as Bosu balls and Physio balls.

- The Wellness Center is open to community members aged 55 and over, as well as Memorial Health System employees and volunteers. We also provide services to Memorial Health System Surgical Bariatric program patients and Thriver (cancer survivor) patients. ALL members must complete our enrollment process, which includes completion of the health information packet, as well as receiving a medical clearance waiver from their provider, such as primary care physician. **This paperwork is renewed annually by all members.**
- Wellness Center Information:
 - \$60 annual membership fee per person. Free for Memorial Health System employees, volunteers and Silver Sneakers participants.
 - Hours of operation: 6 a.m. - 12 p.m. and 2 - 5:30 p.m., Monday through Friday (closed weekends).
 - Staff is on-site at all times to assist with member needs, including supervision for safety, progression of exercise programs, and education on various fitness, wellness, and nutrition topics.

Stop by during open hours to pick up an enrollment packet or call us at (740) 568-5380 for more information.