FREE

Senior Membership

for all members of

UPMC for Life

As part of a new partnership with UPMC Health Plan, all members of the UPMC for Life Medicare plan are entitled to a free membership at Blazers Fitness Center. Our friendly staff of certified instructors and personal trainers are ready to help you improve your personal fitness and overall health.

Your membership includes unlimited use of all equipment, classes, and facilities, including: indoor walking track, basketball, aerobics, volleyball, yoga, pilates, and spinning.

Getting started is easy!

Simply follow these steps and your free membership begins immediately.

- 1. Visit our state-of-the-art fitness center (just off Colony Drive in Irwin).
- 2. Complete the UPMC for Life Fitness Center Claim Form.
- 3. Present your UPMC for Life membership card and a valid photo ID.
- 4. Enjoy your membership benefits.



OPEN HOUSE

TOUR AND REFRESHMENTS

Wednesday, September 15 and Thursday, September 16

10:00 a.m. – 11:30 a.m. and 3:00 p.m. – 4:30 p.m.

You don't have to attend the open house to take advantage of the program



100 Colony Drive • Irwin, PA 15642 7 2 4 - 8 6 4 - 5 8 8 8

www.blazersfitness.com

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As part of a new partnership with UPMC Health Plan, all members of the UPMC for Life Medicare plan are entitled to a free membership at the Health Club at Southpointe. Our friendly staff of certified instructors is ready to help you improve your personal fitness and overall health.

Your membership includes aerobics, body strengthening/sculpting classes, cardiovascular equipment, circuit training, dry heat sauna, free weights, spinning bikes, spinning classes, stairmaster equipment, steam room, treadmill equipment, towel service, variable resistance equipment, and more.

Getting started is easy!

Simply follow these steps and your free membership begins immediately.

- Visit our state-of-the-art fitness center.
- Present your UPMC for Life membership card and a valid photo ID.
- 3. Enjoy your membership benefits.



OPEN HOUSE

TOUR AND REFRESHMENTS

Thursday, March 10

10:00 a.m. - 12:00 noon

You don't have to attend the open house to take advantage of the program



The Health Club at Southpointe 1001 Corporate Drive Canonsburg, PA 15317

724-597-0014

MC-open house flyer HC at Spt 02-09-05 9.5M HP

FRE

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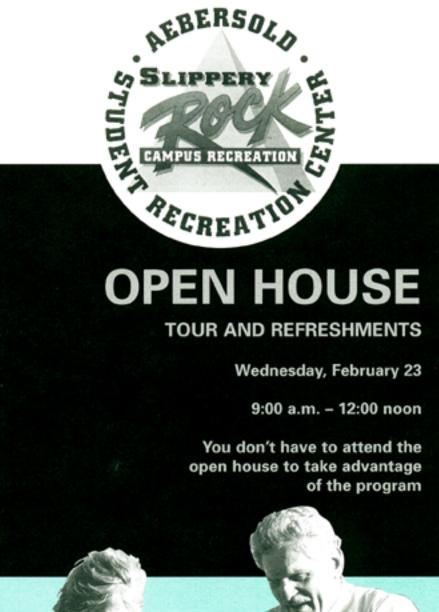
As part of a new partnership with UPMC Health Plan, all members of the UPMC for Life Medicare plan are entitled to a free membership at Aebersold Student Recreation Center. Our friendly staff of certified instructors is ready to help you improve your personal fitness and overall health.

Your membership includes unlimited use of all equipment, special classes, and facilities, including specialized senior exercise classes and aquatic exercise classes.

Getting started is easy!

Simply follow these steps and your free membership begins immediately.

- Visit our state-of-the-art recreational sports and fitness center.
- Present your UPMC for Life membership card and a valid photo ID.
- Enjoy your membership benefits.





Slippery Rock University Aebersold Student Recreation Center ARC Lobby Slippery Rock, PA 16057

724-738-4800

FRE

Senior Membership

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UPMC for Life

As part of a new partnership with UPMC Health Plan, all members of the UPMC for Life Medicare plan are entitled to a free membership at Buhl Wellness Center. Our friendly staff of certified instructors is ready to help you improve your personal fitness and overall health.

Your membership includes unlimited use of all equipment, classes, and facilities, including specialized senior exercise classes and aquatic exercise classes.

Getting started is easy!

Simply follow these steps and your free membership begins immediately.

- Visit our state-of-the-art fitness center.
- Present your UPMC for Life membership card and a valid photo ID.
- 3. Enjoy your membership benefits.



OPEN HOUSE

TOUR AND REFRESHMENTS

Thursday, February 10

9:00 a.m. - 12:00 noon

You don't have to attend the open house to take advantage of the program



Buhl Wellness Center 28 North Pine Street Sharon, PA 16146

724-981-3700

FRE

Senior Membership

for all members of

UPMC for Life

As part of a new partnership with UPMC Health Plan, all members of the UPMC for Life Medicare plan are entitled to a free membership at New World Fitness. Our friendly staff of certified instructors is ready to help you improve your personal fitness and overall health.

Your membership includes cardio rehab, cardiovascular equipment, circuit training, fitness center equipment, free weights, martial arts, individual personal trainer instruction, recumbent bikes, stairmaster equipment, treadmill equipment, towel service, and more.

Getting started is easy!

Simply follow these steps and your free membership begins immediately.

- Visit our state-of-the-art fitness center.
- Present your UPMC for Life membership card and a valid photo ID.
- 3. Enjoy your membership benefits.



OPEN HOUSE

TOUR AND REFRESHMENTS

Thursday, March 3

10:00 a.m. - 12:00 noon

You don't have to attend the open house to take advantage of the program



New World Fitness 603 Georgian Place Somerset, PA 15501

814-444-9110