

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.

BLAZERS

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

724-864-5888

www.blazersfitness.com

FREE

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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.

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



the
Health Club
AT SOUTHPOINTE

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

FREE

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 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.

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



OPEN HOUSE

TOUR AND REFRESHMENTS

Wednesday, February 23

9:00 a.m. – 12:00 noon

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



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

FREE

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.

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

F.H. BUHL CLUB
OVER A CENTURY OF SERVICE

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

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 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.

1. Visit our state-of-the-art fitness center.
2. 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