

Get fitness tips, wellness ideas, and more!  
Connect with us:



**Fitness Connect<sup>SM</sup>**

**FREE FITNESS CENTERS IN THE CAPITAL REGION**



**A plan for life.**

[www.cdphp.com/fitnessconnect](http://www.cdphp.com/fitnessconnect)

Capital District Physicians' Health Plan, Inc.  
Capital District Physicians' Healthcare Network, Inc.  
CDPHP Universal Benefits,® Inc.

500 Patroon Creek Boulevard  
Albany, NY 12206-1057  
[www.cdphp.com](http://www.cdphp.com)

16-2641

# Free gyms to help you get and stay healthy

Regular exercise plays an important role in overall health. CDPHP® is proud to offer you an opportunity to work out for free at our CDPHP Fitness Connect<sup>SM</sup> locations.

- ▶ **FREE membership** – just register online
- ▶ Anyone age 18 and older can join – you don't even have to be a CDPHP health plan member
- ▶ Full range of cardiovascular machines and strength-training equipment
- ▶ Five Capital Region locations

Sign up online to receive a key tag for FREE access to Fitness Connect gyms. More energy, a better mood, and a healthier you are just a swipe away. Check out CDPHP Fitness Connect today!

For more information or to complete your free registration, visit [www.cdphp.com/fitnessconnect](http://www.cdphp.com/fitnessconnect).



## Locations

CDPHP Fitness Connect gyms are conveniently located throughout the Capital Region:

### **Latham**

Capital Region Health Park  
711 Troy Schenectady Road  
Latham

### **Clifton Park**

Clifton Park Health Park  
1783 Route 9  
Clifton Park

### **Delmar**

Delaware Avenue Health Park  
250 Delaware Ave.  
Delmar

### **North Greenbush**

Rensselaer Technology Park  
101 Jordan Road, Suite 106  
Troy

### **Saratoga Springs**

Community Care Medical Office  
6 Mountain Ledge Dr.  
Gansevoort

## Hours

**Monday through Friday** 5 a.m. to 11 p.m.  
**Saturday and Sunday** 7 a.m. to 7 p.m.

**Open every day of the year!**