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















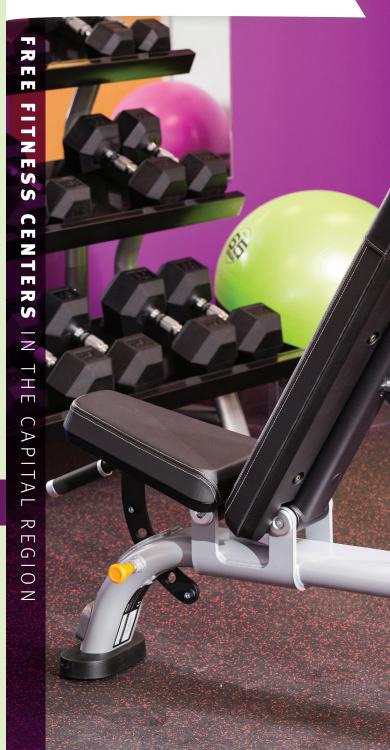
www.cdphp.com/fitnessconnect

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



Fitness Connect[™]



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® 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.





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!