

HNH Fitness®

Fitness begins here.

NOW offering TRX Suspension and Kettlebell Training as part of the membership package.

TRX Suspension

Improves:

- Core Strength
 - Balance
 - Flexibility
 - Power
- Cardiovascular Endurance



Kettlebell Training

Improves:

- Body Composition
- Muscular Strength
 - Flexibility
- Cardiovascular Conditioning

Achieve your fitness potential

HNH Fitness® is a step above and beyond traditional health and fitness clubs—it is about helping members stay motivated and make real lifestyle changes.

HNH Fitness® has everything you need to reach your fitness goals

- 23,000 sq. ft. state-of-the-art facility
- 3 group exercise studios offering classes such as TRX Suspension, Kettlebells, Flirty Girl Fitness, Zumba, boot camp, yoga, cycling, and much more
- Personal Training
- 180+ pieces of technologically advanced equipment
- FitLinxx software to track your fitness progress
- Child care
- Nutrition Services and

- Center for Physical Rehabilitation—Newly expanded and renovated
- On-site Sports Medicine—Leading edge care for athletes of all ages
- YouthFit program—Addresses the fitness needs of adolescents between 10 and 17 years of age

Call 1-888-236-4236 to explore what HNH Fitness® can do for you!



HNH Fitness®

ORADELL Holy Name Medical Center

Fitness begins here.

514 Kinderkamack Road • Oradell, NJ 07649
tel: 201-262-4626 • www.HNHFitness.org

Your Pass to a Fit You

Present this card to redeem your **FREE 7-day guest membership***

Join now thru Dec. 31, 2011 and pay **zero** enrollment & **1 FREE** month with 1 year membership.

*Subject to HNH Fitness® guest pass policy and medical clearance.