



We are proud and excited to showcase our NEW onsite amenity

354fit

4 Treadmills

3 Ellipticals

2 Stationary Bikes

Rowing Machine

Strength Training Area

Free Weights

INTERESTED?

WANT TO SIGN UP?

HAVE QUESTIONS?

354fit@eastmancompanies.com

973.533.0900

HOURS

Fitness center hours of operation are Monday - Friday, 6 a.m. - 7 p.m. Extended hours will be considered on a request basis for January through April.

WHAT'S ON SITE

- **Cardio** - 4 treadmills, 3 elliptical, 2 stationary bikes and a rowing machine.
- **Strength Training** - a full body weight training circuit, a universal plate loaded strength station and open mats for free weights and stretching.
- **Accessories** - stretching mats, weighted medicine balls, exercise & stability balls, 2 ply boxes & resistance bands.
- **Other Features** - 7 TV's, music playing.
- **Bathrooms and Showers** - 2 unisex restrooms, each with showers, and an additional "gym member only" restroom with a shower located on the second floor of Plaza 1.

For more information email 354fit@eastmancompanies.com

354fit



WHO CAN USE 354FIT

354fit is available to tenants and their onsite consultants of 354 Eisenhower Parkway provided signup and waiver forms are completed and signed. No outside guests are permitted. (Sorry - there is no flexibility on this for insurance reasons.)

354fit is for members only. Key cards will be issued at time of sign up that will allow entry into the gym. No guest passes will be issued.

IMPORTANT INFORMATION

All training is unsupervised and at your own risk. Please check with your doctors to make sure they approve your training.

No personal training is permitted unless coordinated and hired through Living Fitness. (Sorry - there is no flexibility on this for insurance reasons.)

Other information is located in the rules and regulations in the sign up package.

COST & TERM OF MEMBERSHIP

Membership is \$20 a month, billed every 3 months. The credit card payment will be auto-charged every 3 months for one year. Cancellations will be honored, but refunds will not be issued for the quarter in which cancellation occurred.

Questions? Feedback? Ideas?

Please email 354fit@eastmancompanies.com or call us **973.533.0900**

We are always interested in making 354fit even better!

Thank you

Eastman Management / 354 Eisenhower & Living Fitness

For more information email 354fit@eastmancompanies.com