

**MISSION STATEMENT**

Community supporting community in wellness and health for a better quality of life now and throughout our lives.



May 2010

**SPONSORS**

**Platinum**



**Gold**

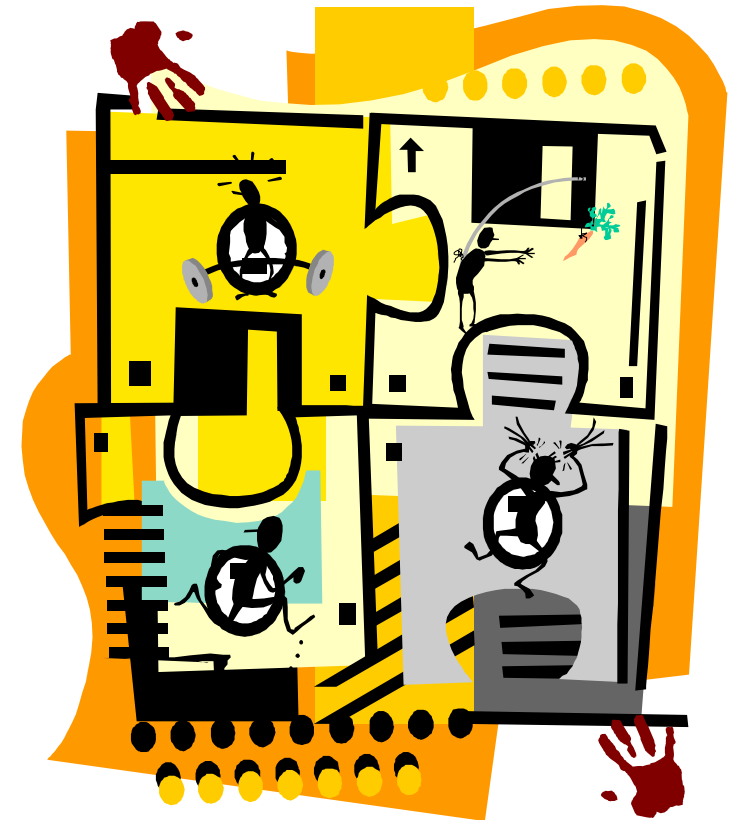


**Silver**

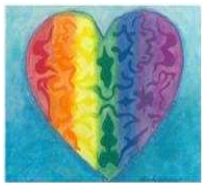


**Community Supporting Community**

**PROGRAM GUIDE**



**PARTNERING WITH**



Healing Touch of Central Indiana  
317-413-8692



**Piecing wellness together at the HPFC**

**BETTER. BRIGHTER. BEECH GROVE.**

Hornet Park Community Center  
Hornet Park Fitness Center  
5245 Hornet Avenue  
Beech Grove, IN 46107

Phone: 317-788-4986  
Fax: 317-788-3840

[www.beechgrove.com/Wellness](http://www.beechgrove.com/Wellness)

## GENERAL INFORMATION

### MEMBERSHIP

Members must be at least 18 years of age. Teens 13-17 years of age can participate in Group Exercise when accompanied by an adult. All members must present their Membership Card to enter the fitness facility.

Membership Fees	<u>Quarterly</u>	<u>Bi-Annual</u>	<u>Annual</u>
Machines/Cardio Equipment	\$40	\$80	\$160
Group Exercise	\$40	\$80	\$160
Combo	\$70	\$140	\$280
Senior Combo (60+)	\$40	\$80	\$160

New memberships will be charged a one time \$15 administrative fee. All new members are encouraged to take advantage of the Vitality Sculpting Program (see Programs) as part of their membership.

### Guest Passes

Each guest is limited to 1 free visit. Thereafter, guest fees are \$5 a visit.

### Hours

Monday - Thursday	6:00 AM - 9:00 PM
Friday	6:00 AM—7:00 PM
Saturday & Holidays	8:00 AM - 4:00 PM (Scheduled holiday closings: New Years Day, July 4th, Thanksgiving Day, and Christmas Day; all others will be posted.)
Sunday	8:00 AM - 4:00 PM

## COMMUNITY EVENTS

### HPFC Bike-A-Thon

Kick off summer by cycling into fitness!

Mark your calendars for Saturday, June 19, 2010.

The bike-a-thon is a fundraiser for the Hornet Park Fitness Center.

Donations are greatly appreciated!

Contact Diana Hendricks to learn about sponsorships and Volunteer opportunities at 803-9087.

### Crime Watch Meeting

The next Crime Watch meeting will be held on May 19 at 6:30 p.m.

The meeting will be held at the Hornet Park Community Center. Invite your neighbors and feel free to bring your children to this meeting. Please contact Debbie Springer with questions at 345-9091 or bgcrimewatch@gmail.com.

## PROGRAMS

### GROUP EXERCISE

See inserted group exercise schedule.

### VITALITY SCULPTING PROGRAM

**Included with new memberships!** Two one-on-one sessions with a Healthy Lifestyles Coach; consultation meeting (body mass index, exercise benefit zone, blood pressure, etc.), and cardiorespiratory endurance program design. Group weight training sessions will be offered several times weekly. Nutrition 101 Workshops will be offered twice monthly.

### GOAL TRACKING

All members that have been through the Vitality Sculpting Program are welcome to have free re-assessments (measurements, body composition, blood pressure, etc.) Friday evenings from 4PM to 7:00PM.

**Join Mayor Joe Wright and Governor Mitch Daniels in their crusade to "Get Indiana Healthy"**

**Log onto [WWW.INSHAPE.IN.GOV](http://WWW.INSHAPE.IN.GOV) and participate!**

## MISCELLANEOUS

### GNC

All HPFC members receive a 25% discount at participating GNC stores when presenting store coupon (pick-up at HPFC reception desk) with current HPFC membership.

### Personal Training

To find a Personal Trainer that can help you meet your goals, contact the Fitness Center. HPFC member pricing as follows: 1 Session \$25

### Benedict Inn—Swimming

Show your HPFC card at the Benedict Inn for 10% off swim package. See Benedict Inn schedule. For details on swimming times.

### St. Francis Pain Clinic

Complimentary healing touch is a biofield therapy that is an energy-based approach to health and healing. Hornet Park Community Center Lobby. The third Monday of every month unless otherwise posted—5:30 p.m. to 8 p.m.