



Palos Health & Fitness Center



Client:

Palos Community Hospital

Location & Contact Information:

15430 West Avenue
Orland park, IL 60462
708-226-0555 / phone
708-226-0537 / fax
www.palosfitness.com

Opening Date:

November 2001

Size:

78,000 Square Feet



Classes, Programs, and Services:

- Personal Training
- Nutritional Training
- Weight Management
- Spa Services
- Kids Club
- Aquatic Classes
- Group Exercise Classes
- Bella Café



Medical Integration:

- Computerized Health Risk Assessment
- FitLinxx - computerized training assistance designed to coach users on strength and cardiovascular workouts
- Flexibility and Strength Screening
- Skinfold Body Composition Analysis
- Resting Blood Pressure and Heart Rate Screening and Monitoring
- Physical Therapy
- Heart Fit Program
- Arthritis Program
- Therapeutic Exercise Pool for Arthritis and Joint Rehabilitation
- Community Wellness Programs
- Multiple Sclerosis, Parkinson's and Pulmonary Rehabilitation Programs
- Pre and Post Natal Exercise Classes