

# CADENCE FITNESS & HEALTH CENTER

## Choose the Center that is Right for You.

As the premier healthcare organization in our community, Cadence offers a unique fitness experience in our spectacular Geneva, IL location. With the support of our expert staff and personalized services, your best health and wellness are within reach.

### Cadence Fitness & Health Center members enjoy the following services and amenities:

- Fitness Assessment, Equipment Orientations and Personalized Fitness Program
- Variety of Land & Aquatic Group Exercise Classes
- 3 Pools: Lap, Warm Water Therapy and Endless pool
- Luxurious locker rooms with towel service & toiletries
- Men's and Women's Steam Room, Sauna and Whirlpool tub
- Indoor Cushioned Track
- Pilates Reformer Training (Individual & Small group)
- Comprehensive weight management services for all ages
- Personal Training and small group training (including special classes such as circuit training, boot camps, and Kettle Bell classes)
- Supervised medical fitness programming
- Private & semi-private swim lessons for adults and children
- Massage Therapy Services: Deep Tissue, Hot Stone, Pre & Post Natal, Swedish and many more.
- Fit N' Fun – onsite childcare
- Heartland Café
- Basketball Court

*It's more than a gym. It's a lifestyle.*

Cadence Fitness & Health Center  
296 Randall Road  
Geneva, IL 60134  
630.938.9100

Center Hours:  
Monday to Thursday 5AM to 10PM  
Friday 5AM to 9PM  
Saturday and Sunday 7AM to 6PM

For more information, please call or visit us:  
[Cadencefitness.org](http://Cadencefitness.org)

## Make Good Health Your Business

Our Corporate Membership program helps companies share the benefits of good health and wellness with all of their employees by promoting a healthy lifestyle.

Studies have shown that companies offering an employee fitness program can:

- Reduce their healthcare costs
- Lower absenteeism and turnover rates
- Increase productivity and morale
- Promote as a Great team-building tool

### Members of the Cadence Fitness & Health Center enjoy the following services and amenities:

- Fitness Assessment, Equipment Orientations and Personalized Fitness Program
- Variety of Land & Aquatic Group Exercise Classes
- Pools: Lap, Warm Water Therapy and Endless pools
- Luxurious locker rooms with towel service and toiletries
- Separate Men's and Women's Steam Room, Sauna and Whirlpool tub
- Indoor Cushioned Track
- Personal Training
- Pilates Reformer Training
- Massage Therapy Services
- Private Swim lessons
- Fit N'Fun – onsite childcare
- Basketball Court
- Heartland Café

### Located on the Delnor Hospital Campus:

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#### Membership Rates

##### **Individual**

Enrollment Fee.....waived  
Monthly Dues.....\$85

##### **Couple**

Enrollment Fee.....waived  
Monthly Dues.....\$140

##### **Family**

2 Adults & 2 Children ages 14-22 yrs  
Enrollment Fee.....waived  
Monthly Dues.....\$183