

Get fitness tips, wellness ideas, and more!
Connect with us:



A plan for life.

www.cdphp.com/fitnessconnect

Capital District Physicians' Health Plan, Inc.
Capital District Physicians' Healthcare Network, Inc.
CDPHP Universal Benefits,® Inc.

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Fitness ConnectSM

FREE FITNESS CENTERS IN THE CAPITAL REGION



Free gyms to help you get and stay healthy

Regular exercise plays an important role in overall health. CDPHP® is proud to offer you an opportunity to work out for free at our CDPHP Fitness ConnectSM locations.

- ▶ **FREE membership** – just register online
- ▶ Anyone age 18 and older can join – **you don't even have to be a CDPHP health plan member**
- ▶ Full range of cardiovascular machines and strength-training equipment
- ▶ Five Capital Region locations

Sign up online to receive a key tag for FREE access to Fitness Connect gyms. More energy, a better mood, and a healthier you are just a swipe away. Check out CDPHP Fitness Connect today!

For more information or to complete your free registration, visit www.cdphp.com/fitnessconnect.



Locations

CDPHP Fitness Connect gyms are conveniently located throughout the Capital Region:

Latham

Capital Region Health Park
711 Troy Schenectady Road
Latham

Clifton Park

Clifton Park Health Park
1783 Route 9
Clifton Park

Delmar

Delaware Avenue Health Park
250 Delaware Ave.
Delmar

North Greenbush

Rensselaer Technology Park
101 Jordan Road, Suite 106
Troy

Saratoga Springs

Community Care Medical Office
6 Mountain Ledge Dr.
Gansevoort

Hours

Monday through Friday 5 a.m. to 11 p.m.
Saturday and Sunday 7 a.m. to 7 p.m.

Open every day of the year!