



The Urban Health Initiative
of the University of Chicago
Medical Center

Community Fitness Program

What is the Community Fitness Program?

The Community Fitness Program held at the Museum of Science and Industry was designed by the University of Chicago Medical Center to encourage healthy fitness habits and to assist you in integrating a regular exercise program into your health routine. The program is open to all ages and offers an educational quarter-mile path inside one of the world's most famous Museums.

What are the days and times?

- Mondays, Wednesdays, and Fridays
Walking 7:30a – 9:00a
- Wednesdays & Fridays
Exercise Class by Body Parts Fitness 8:15a – 9:00a

What does the free membership include*?

*Membership does not include museum membership.

- ID badge
- Program T-shirt
- Exercise Class by Body Parts Fitness
- Quarterly Nutrition Talks Series

Benefits of Daily Physical Activity:

- Boosts energy level
- Improves self image
- Keeps weight under control
- Helps delay or prevent chronic illnesses associated with aging and maintains quality of life and independence longer

Take a step in the right direction!

- Make a personal commitment to keeping fit and being heart healthy.
- Make healthy food choices
- Exercise regularly
- Create an exercise diary
- Consult your physician

We encourage all employees, their families, and patients to join!

Questions/To Register
Contact Fitness Coordinator
(773) 702-5600



Attend our weekly Body Parts Fitness program!!