

# Valley Preferred



## LVHN Fitness

We offer a full complement of equipment and group classes to meet your fitness needs. Plus four convenient locations. Free for LVHN colleagues, and no long-term contract commitments for others. Join today!

### Cedar Crest

1243 S. Cedar Crest Blvd., Lower Level  
Allentown  
Phone: 610-402-3699

### Muhlenberg

1770 Bathgate Road, Third Floor  
Bethlehem  
Phone: 484-884-2851

### One City Center

707 Hamilton St., Third Floor  
Allentown  
Phone: 484-862-3001

### Hazleton

50 Moisey Drive  
Hazleton  
Phone: 570-501-6600

Available to all fitness members:

- Full array of cardiovascular, strength and functional equipment
- Variety of group fitness classes
- Personal training services
- Massage services
- Population-based specialty programs
- Locker room amenities, including towel service
- Eligible for free injury screenings provided by Rehabilitation Services

At our newest One City Center location:

- 40+ cardiovascular machines, including spin bikes, crank cycles, treadmills, ellipticals, rowers, stair-climbers and upright bikes – many outfitted with personal televisions
- Weight-training equipment, including a full line of Hammer Strength equipment, dumbbells up to 120 pounds, Olympic bars, and plate weights
- Two group fitness rooms, including 20 dedicated spin bikes
- A multisport simulator to partake in “virtual” events
- A handicapped-accessible locker room with private showers, lockers, and towels
- A café area with healthy food options from Sodexo, free WiFi and a Pro Shop
- A sports performance studio and 40-yard turf track for athletes of all ages
- Integrated sports medicine services including on-site physical and occupational therapy, concussion management, sports medicine, sports performance training and sports nutrition

Learn more at <https://www.lvhn.org/fitness>