



Center for Fitness and Health



*The region's most advanced
medically integrated
health & fitness complex*



**800 Plaza Drive, Belle Vernon, PA
724-379-2065**





Located at the Mon-Vale HealthPLEX. Just off Route 51 in Rostraver Township.



Stay Healthy, Get Fit

The Center for Fitness and Health is a comprehensive facility that embodies a holistic approach to overall health and well-being. With more than 40,000 square feet of space, no other fitness facility in the region provides such an extensive list of medically integrated programs and resources.

At the Center for Fitness and Health, we have the ability to give your body a great workout, combined with the expertise to help you learn to live a healthier lifestyle. We offer a wide variety of great classes and programs tailored to help you meet your personal health and fitness goals.



Programs and Services

Advanced Technology in Fitness Equipment

- Treadmills
- Elliptical Cross Training Machines
- Upright & Recumbent Cycles
- Stair Climbers
- Vertical Climbers
- Free Weights
- Variable Resistance Equipment

Indoor Walking & Running Track

- Elevated Cushioned Surface

Luxurious Locker Rooms

- Full/Half Lockers
- Towel Service
- Sauna
- Massage Therapy
- Hair Dryers
- Amenities

Aquatics

- Lap Pool
- Warm Water Therapy Pool
- Whirlpool
- Aqua Classes
- Arthritis Program

Aerobics Studio

- Spinning®—Indoor Cycling
- Step Aerobics
- Pilates
- Yoga

Pro Shop

- Apparel
- Gift Certificates
- Supplements



Baby Sitting

- Infants and Children 6 weeks
to 13 years old

Wellness & Mind/Body Programs

- Weight Management
- Yoga
- Pilates
- Massage Therapy

Medically Supervised Programs

- Arthritis
- Back Care
- Cardiac Rehabilitation
- Osteoporosis
- Physical Therapy
- Dr. Dean Ornish Program for
Reversing Heart Disease®
- Diabetes Education
- Medical Transitional Programs

Here's a quick look at the 40,000 square feet of facilities and equipment:

(First Floor)

- 1) Free Weight Studio
- 2) Aerobics & Fitness Studios with complete programs and professionally trained instructors
- 3) Four-lane, 75-foot lap pool
- 4) Therapy Pool for aquatic physical therapy and rehabilitation
- 5) Cardiovascular Fitness with equipment including treadmills, bikes, cross-trainers, rowers and steppers
- 6) Strength and Conditioning areas with computerized resistance equipment and plate-loaded iso-lateral Hammer Strength equipment
- 7) Spacious Men's & Women's locker rooms with saunas, massage room, lounge area and towel service
- 8) Babysitting service and cribroom. Supervised infant and childcare services available while you exercise
- 9) Physical Therapy, Occupational Therapy and Speech Therapy
- 10) Educational Area A with demonstration kitchen offering an extensive list of health programs
- 11) Diagnostic Radiology Services including Bone Density Testing
- 12) Women's Health Center
- 13) Open MRI

(Second Floor)

- 14) 1/12th mile cushioned walking track on open elevated second floor balcony
- 15) Cardiac Rehabilitation and Dr. Dean Ornish Program for Reversing Heart Disease®
- 16) Occupational Health Department
- 17) Educational Areas B & C



Center for Fitness and Health
MVH HEALTH CARE

Second Floor
MVH Mon-Vale HealthPLEX HEALTH CARE