

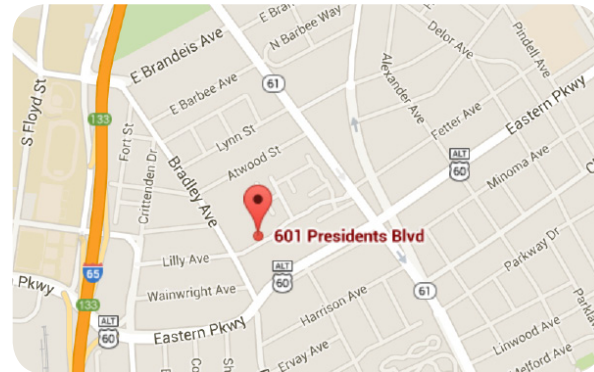


Your Best Self Starts Here!

Better health, more energy, increased strength and muscle tone -- we are here to help you meet your wellness goals and are committed to providing the highest quality of safe and effective resources to do so. Your best self starts here... at the new GHN Wellness Center! Fitness and wellness classes, state-of-the-art equipment, fully refinished locker rooms, and much more!

Hours of Operation

Monday - Friday 6 am to 9 p.m.
Saturday 9 am to 5 p.m.
Sunday 12 p.m. to 5 p.m.



Less than a mile east of UofL's main campus, three miles south of downtown, in the heart of the St. Joseph's neighborhood. Free parking and bike racks available.

Contact us!

601 Presidents Blvd.
Louisville, KY 40217

(502) 852-7755
(502) 852-6654 fax

ghn@louisville.edu
louisville.edu/gethealthynow
facebook.com/ULghn



UNIVERSITY OF
LOUISVILLE

Get Healthy Now
Wellness Center

Your best self...



starts here!

One Week FREE
at the GHN Wellness Center!



Present this complimentary guest pass during your first visit to receive a FREE week of access!

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Imagine yourself at your best...

Something for Everyone!

Physical Activity & Nutrition Services

- State-of-the-art strength and cardio equipment
- Group fitness classes with certified professionals
- Specialty classes (Yoga/Pilates)
- Treadmill desks
- Bike-share program
- Personal training packages (1:1 or buddy)
- Healthy snacks on the go
- Weight management education classes and resources

Health & Fitness Assessments

- Biometric screening (BMI, cholesterol, glucose, blood pressure, waist-to-hip ratio)
- Personalized workout design and training support

Wellness Coaching & Clinical Integration Suite

- Wellness Coaching classes and sessions (1:1 or group) facilitated by certified Wellcoaches®
- Health Management (Diabetes, COPD, etc.)

Holistic Wellbeing Services

- Mindfulness-Based Stress Reduction (MBSR) classes
- KORU Mindfulness & Meditation
- Relaxation/meditation room
- iPod with mindfulness tracks
- Massage therapy
- Compassion and resiliency training

In addition, GHN offers smoking cessation classes, dedicated lactation room, a conference room for meeting space/retreats, free Wi-Fi, and much more!



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"I love the GHN Wellness Center! It is extremely clean and well maintained. All of the equipment is functional and safe, and the staff are consistently welcoming and friendly."

The GHN Wellness Center

The GHN Wellness Center is UofL's 22k square foot, employee-based facility that offers comprehensive and holistic wellbeing support through health and wellness classes, coaching, motivational programs, state-of-the-art fitness equipment, integrated clinical care, and friendly, professionally certified staff.

Take advantage of the indoor walking track, multi-use half court activity space, a cycling studio, a small group fitness studio, and fully equipped locker rooms with private showers (amenities included). The GHN Wellness Center is the perfect place to energize and restore your best self every day!

Membership Rates

Be Well (UClub/GHN Center)	\$40/month
UofL Alumni	\$30/month
UofL Vendor or Affiliated Partner	\$30/month
UofL Employee or Retiree	\$15/month
Academic	\$15/month
Spouse/Qualifying Adult	\$10/month

*\$10 enrollment per member pkg.



for detailed program and registration information visit:

louisville.edu/gethealthynow