

# Get Healthy Now Wellness Center



*Your best self starts here!*

**Join now and enjoy the rewards  
of good health!**



Certified fitness staff,  
health and financial coaches,  
and clinical professionals.



Group classes (Boot Camp,  
InCycle, Mindfulness/Meditation,  
Yoga and Zumba®),  
healthy lifestyle workshops and  
wellness events.



Cardio/resistance equipment,  
cycle studio, indoor walking  
track, multi-use half court and  
bike share program.



Conference room,  
treadmill workstation, WiFi  
and free parking.



Locker room amenities  
including showers, towel  
service and locks.

**601 Presidents Blvd.**

## For more information

Call 502.852.7755, email [ghn@louisville.edu](mailto:ghn@louisville.edu)  
Open to all UofL employees, retirees, their spouse/QA,  
and affiliated community partners.

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