

The image shows a modern fitness center with various exercise equipment. In the foreground, there are several stationary bikes. In the background, there are treadmills and more people working out. The ceiling has exposed pipes and modern lighting. The logo 'OLP FIT' is overlaid in large red letters on the left side of the image. The 'O' contains a white icon of a dumbbell.

# OLP FIT

## **FITNESS CENTER HOURS**

Monday — Friday: 6:00 AM – 10:00 PM

Saturday & Sunday: 8:00 AM – 5:00 PM

## **THE NUMBER ONE PLACE TO GET FIT.**

OLP Fit is a full-service fitness center exclusively for the tenants of ONE Liberty Place. Located on the third floor, the state-of-the-art facility is equipped with a full range of exercise equipment to improve your cardiovascular and muscular fitness. OLP Fit is managed by HealthEase and staffed with health & fitness professionals ready to assist with your wellness goals.

# HOW TO JOIN OLP Fit

The membership and payment process for joining OLP Fit is as follows:

- The membership fee to OLP Fit is **\$25/month**.
- The membership must be paid on a **monthly basis**.
- To activate your membership, follow these steps:
  1. Complete and sign the **OLP Fit Application and Agreement**, which can be downloaded at [www.onelibertyplace.com](http://www.onelibertyplace.com):
    - a. Click **AMENITIES**
    - b. Click **Learn About OLP Fit**
    - c. Click OLP Fit Membership Form or Join Now (at bottom of page)
  2. Read and return the signed form to [onelibertyfitness@onelibertyplace.com](mailto:onelibertyfitness@onelibertyplace.com) or drop off at the Front Desk of the fitness center. Please allow two (2) business days for access authorization to be programmed to your existing Building access card.
  3. Make your initial \$25 payment for your membership (see instructions below).

## To make your membership payment:

1. Go to [www.onelibertyplace.com](http://www.onelibertyplace.com).
2. Click **AMENITIES** and then click **Learn About OLP Fit**.
3. Click **Make a Payment** at bottom of the page and you will be directed to the PayPal payment page. A PayPal account **is not required**; your credit or debit card is also accepted.
4. Click Continue after you have completed your payment information. It will take you to **Review Your Payment** to ensure your information is correct.
5. Once confirmed, click **Agree & Pay**.
6. Your payments will automatically incur each month on the same date, unless you deactivate your membership.
7. Once we receive your completed Application & Agreement Form and your initial payment of \$25, your membership to OLP Fit begins and access to the center will be added to your Building Access Card within two business days.

## Any questions, please contact:

Fitness Center Site Manager  
[onelibertyfitness@onelibertyplace.com](mailto:onelibertyfitness@onelibertyplace.com) or 267.519.5070

## **EXERCISE EQUIPMENT**

Cybox Treadmills  
Octane Ellipticals  
Cybox Upright & Recumbent Bikes  
Rower  
Cybox Weight Machines  
Free Weights, including  
Smith Machine, Dumbbells &  
Olympic Plates  
Adjustable Benches  
TRX Suspension  
Kettlebells and More

## **VARIETY OF FITNESS ACCESSORIES**

Stability Balls  
Medicine Balls  
Bosu Trainers  
Foam Rollers

## **GROUP EXERCISE CLASSES**

Yoga  
Total Body Toning  
HIIT (High Intensity Interval Training)  
The Circuit (Full Body)  
Pilates  
And More – See Current Schedule

## **SERVICES**

Individualized Exercise Routines  
Fitness Assessments  
Locker Rooms  
Showers  
Towel Service

## **PERSONAL TRAINING\***

For additional motivation, support and guidance, you can choose to receive one-on-one instruction from a certified personal trainer.

## **YOUR FUEL™ NUTRITION COUNSELING\***

For guidance with improving your eating habits for better health and/or weight management, inquire about private sessions with one of HealthEase's Your Fuel registered dietitians.

## **COMPANY TAILORED PROGRAMS\***

HealthEase can provide wellness services such as group exercise classes, health fairs, and educational Lunch 'n Learn seminars exclusively for your company.

*\*Additional cost. See a staff member or contact us for more information.*



**ONE Liberty Place  
3rd Floor**

**onelibertyfitness@onelibertyplace.com  
267.519.5070**