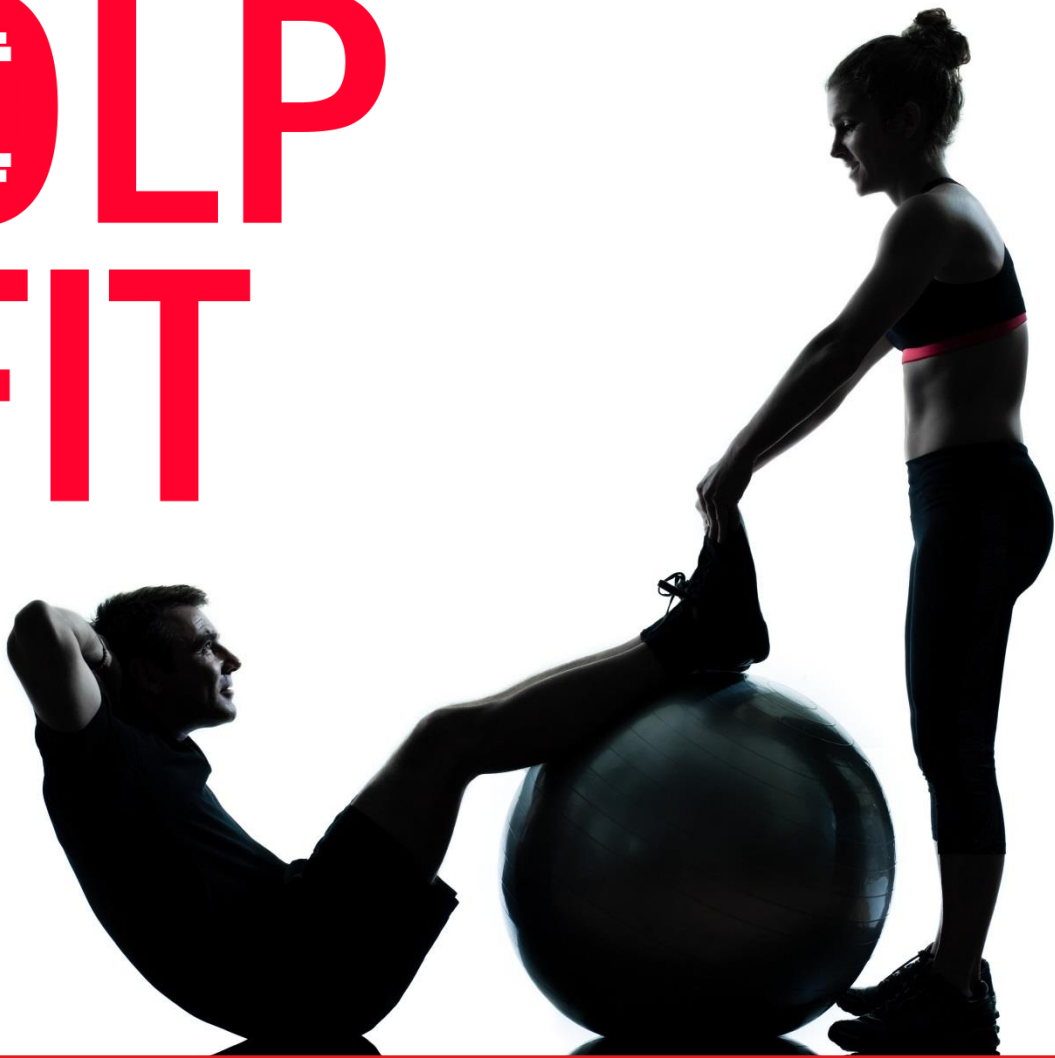


OLP FIT



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.

As an employee working within ONE Liberty Place, you are entitled to join OLP Fit, located on the 3rd floor of the building. The state-of-the-art facility is owned by ONE Liberty Place, managed as a tenant amenity by HealthEase, Inc., and staffed with qualified health & fitness professionals, ready to assist you with your wellness needs.

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 & more

VARIETY OF FITNESS ACCESSORIES

Stability Balls
Medicine Balls
Bosu Trainers
Foam Rollers

GROUP EXERCISE CLASSES

Yoga
Body Blast
H.I.I.T.
The Circuit (Full Body)

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 trainer.

NUTRITIONAL COUNSELING*

For guidance with improving your eating habits for better health and/or weight management, inquire about our private sessions with a registered dietitian.

COMPANY TAILORED PROGRAMS*

HealthEase can provide wellness services such as group exercise classes, health fairs, and educational Lunch 'n' Learn seminars in the convenience of your office.

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

CHRIS CAMPLI – SITE MANAGER

Health and wellness has always been an important part of Chris' life. Growing up an athlete, he quickly realized optimum fitness was vital to performing at the best of his ability. His passion for living a healthy lifestyle led him to attain his B.S. degree in Nutrition and Health Sciences from West Chester University, Performance Enhancement Specialist (PES) certification from the National Academy of Sports Medicine, and Personal Training certification (CPT) from the National Strength and Conditioning Association. Chris is currently pursuing his M.S. degree in Exercise Science and Health Promotion focusing on Injury Prevention and Performance Enhancement at California University of Pennsylvania. As a hobby Chris competes for the National Physique Committee (NPC), the largest amateur bodybuilding organization in the U.S., and is 5x nationally qualified in the men's physique division (MPD). He provides tailored exercise programs, instructs group exercise classes, and offers personal training to the members of OLP Fit.



RISE & SHINE: Jacki – Wake up and get your day started right with a full body toning class, focusing on body weight movements and cardio exercises to get you moving and motivated for the day ahead.

Best for: weight loss, improving overall fitness, total body strengthening, total body toning.

H.I.I.T: Chris – Pick up the pace, and get motivated on a brand new Monday. Sweat out the weekend fun with this high intensity, calorie burning, interval style class.

Best for: weight loss, burning calories, cardiovascular conditioning, stress reduction, improving overall fitness.

YOGA: Candace & Gilda – An all-levels flow style Vinyasa class with creative sequencing to promote opening, strength, and the release of tension.

Best for: improving flexibility, moderate strength building, stress reduction.

PILATES: Keri – If you are looking to strengthen your abdomen, increase your flexibility develop a strong core – flat abdominals and a strong back – as well as maintain good posture, then Pilates is for you. Pilates elongates and strengthens, improving muscle elasticity and joint mobility, while creating an evenly conditioned body.

Best for: body strengthening, injury prevention, improving balance, posture, flexibility, mobility, coordination and body awareness.

TRIM & TONE: Jacki – A 45-minute full body toning class that incorporates weight training, cardio, & circuit training.

Best for: weight loss, improving overall fitness, total body strengthening, total body toning.

BUTTS & GUTS: Jacki – Back by popular demand, this 30 minute class is designed to focus on sculpting and strengthening the lower body & core. Specific areas include: stomach, hips, glutes and legs.

Best for: moderate strength building, shaping specific muscle groups, toning the mid section, improving overall fitness.

RESISTANCE: Chris – Designed to train every muscle of the body using a mix of resistance bands and body weight exercises, this class focuses on movement to help teach you an awesome way to perform a quick in-home or on-the-go training program.

Best for: improving overall stability and strength, total body strengthening, improving overall fitness.

THE CIRCUIT (FULL BODY): Chris – A class for all fitness levels with timed stations consisting of different exercises designed to train every muscle of the body using a mix of body weight and weights.

Best for: weight loss, improving overall fitness, total body strengthening, body toning, for those who prefer a condensed workout, but at their own level.

OLP Fit Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING				7:45–8:15 RISE & SHINE Jacki	
AFTERNOON	12:15–1:00 YOGA Gilda	12:30–1:00 PILATES Keri	12:30–1:00 BUTTS & GUTS Jacki	12:20–1:00 YOGA Candace	
	1:10–1:40 H.I.I.T. Chris		1:10–1:40 RESISTANCE Chris	1:05–1:45 YOGA Candace	12:30–1:10 THE CIRCUIT Chris
EVENING		5:15–6:00 TRIM & TONE Jacki			

Our classes are specifically designed for **ALL FITNESS LEVELS**.

Email **Chris Campli** at onelibertyfitness@oneliberty.org for more information.

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 form**, which can be downloaded at www.onelibertyplace.net: click **AMENITIES** and then **Learn About OLP FIT**. Next click **Join Now** for the form.
 2. Send the completed form to Chris Campli (Fitness Center Manager) at onelibertyfitness@oneliberty.org.
 3. Make your initial \$25 payment for your membership (see instructions below).

To make your membership payment:

1. Go to www.onelibertyplace.net.
2. Click **AMENITIES** and then click about **Learn About OLP FIT**.
3. Click **Make a Payment** 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 the fitness center begins and your **OLP Fit Access Badge** will be delivered to your office within two business days.

Any questions, please contact:

Chris Campli at onelibertyfitness@oneliberty.org or 267.519.5070.

Or contact Cory Gunselman at cgunselman@oneliberty.org or 215.851.9000.

