

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.com: click **AMENITIES** and then **Learn About OLP FIT**. Next click **Join Now** for the form.
 2. Send the completed form to Gina Toscano (Fitness Center Manager) at onelibertyfitness@onelibertyplace.com.
 3. Make your initial \$25 payment for your membership (see instructions below).

To make your membership payment:

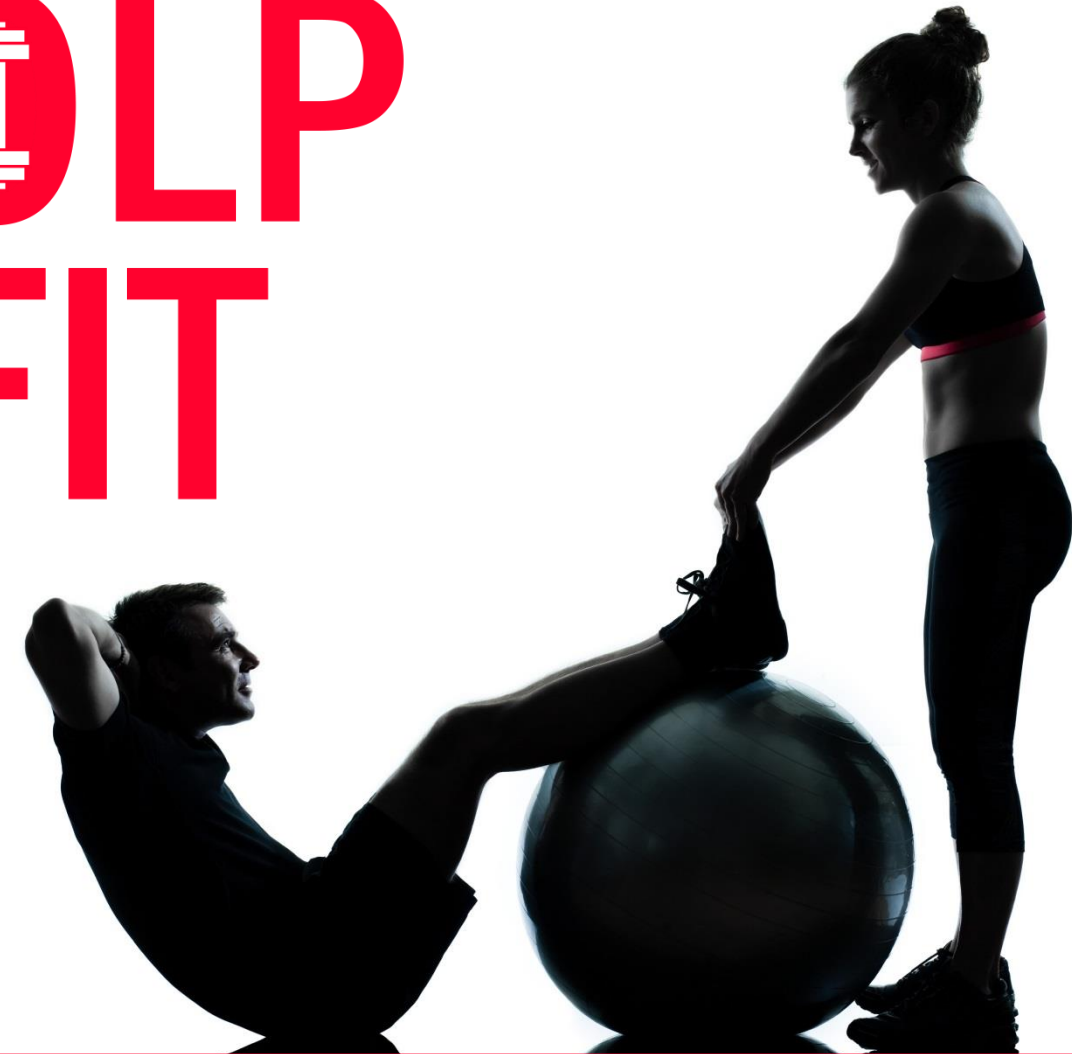
1. Go to www.onelibertyplace.com.
2. Click **AMENITIES** and then click **Learn About OLP FIT**.
3. Click **Make a Payment** at the bottom of the page and you will be directed to the PayPal payment page. A PayPal account is **not required**; your credit or debit card is also accepted.
4. Click **Continue** 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. We no longer issue separate Fitness Center cards.

Any questions, please contact:

Gina Toscano at onelibertyfitness@onelibertyplace.com or 267.519.5070
Or contact Cory Gunselman at cgunselman@onelibertyplace.com or 215.851.9000



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
 Cybex Upright & Recumbent Bikes
 Rower
 Cybex 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.

NUTRITION 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.

GINA TOSCANO – SITE MANAGER

Gina brings great enthusiasm and professionalism to her role as site manager of OLP Fit. Her personal passion for health & fitness grew from her extensive dance background. In fact, Gina earned her Bachelor of Fine Arts in Dance & Movement from the University of the Arts. She also studied anatomy & physiology at Rowan College of Gloucester County and earned several industry certifications. Her career path took her from dance studios to wellness centers where her duties ranged from leading group exercise classes and coordinating events to managing member services for a fitness club. A Registered Yoga Teacher, Gina enjoys teaching yoga as well as Boot Camp, Barre, and H.I.I.T., among others. In addition, she provides OLP Fit members with tailored exercise programs and personal training. If you want guidance with your fitness goals, be sure to ask Gina. She is happy to help!



BODY WEIGHT HIIT: Jacki – a high intensity interval workout designed to use body weight movements to strengthen muscles & cardio exercises to burn fat. Prepare to sweat! (No equipment required)
Best for: weight loss, improving overall fitness, total body strengthening, total body toning.

TOTAL BODY TONING: Jacki – a dynamic class that zones in on toning & sculpting muscles throughout the entire body. We focus on weight training circuits with light cardio. Lots of upper body exercises are performed here.
Best for: weight loss, improving overall fitness, total body strengthening, total body toning.

YOGA: Molly & 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.

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.

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.

BUTTS & GUTS: Gina – 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.

THE CIRCUIT (FULL BODY): Gina – 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 BODY WEIGHT HIIT Jacki		7:45–8:15 TOTAL BODY TONING Jacki	
AFTERNOON	12:15–1:00 YOGA Molly	12:30–1:00 PILATES Keri	12:30–1:00 BUTTS & GUTS Gina	12:15–1:00 YOGA Gilda	
	1:10–1:40 H.I.I.T. Chris		1:00–1:30 BUTTS & GUTS Gina	1:00–1:45 YOGA Gilda	12:30–1:10 THE CIRCUIT Gina
EVENING					

Our classes are specifically designed for **ALL FITNESS LEVELS**.
 Email [Gina Toscano](mailto:Gina.Toscano@onelibertyfitness.com) at onelibertyfitness@onelibertyplace.com for more information.