

**Dear Fitness Member,**

Thank you for being part of the Community Fitness Program. We are glad to have you with us and look forward to meeting you in the year to come. We have a great group of Fitness Walkers and we want you to get involved as soon as possible.

In your packet is your ID badge and an Emergency Card. Fill out the Emergency Card and keep it in your badge holder. **Carry it with you at all times.**

In an emergency follow these 3 steps:

**Step 1:** Call Museum of Science and Industry (773) 753-2574

**Step 2:** Call the Office of Community Affairs (773) 702-1616

**Step 3:** Call Body Parts Fitness (773) 437-7044

Each member will get a T-shirt when they have been to at least 3 sessions. We give out T-shirts during the first week and in the middle of the month.

Parking is in the Museum of Science and Industry garage. Parking is FREE to members from 7:30 am to 9:30 am.

Members must enter the lobby and go to Guest Services to sign-in. Exercising and walking is on balcony level 3.



Walking is on Monday, Wednesday and Friday from 7:30 am to 9:00 am.

You can also take part in the Body Parts Fitness Class every Wednesday and Friday morning at 8:15 am. with our certified aerobics instructor, Cecilia Brantley. The class is open to all and is great for people who are beginners or advanced.

If you have questions call us at (773) 702-1616. It is important that members do not come to the office without an appointment. Parking is very difficult and we are not always here.

**Welcome to the Fitness Program and we look forward to working with you.**

Dwayne Johnson Sr.  
Community Relations Coordinator  
University of Chicago Medicine Office of Community Affairs