



# Fitness Center Fact Sheet

*Tanger Be Well Center for Health Management*

We've thought of everything...

- **Cardiovascular and Strength Training Equipment**

Our state-of-the-art facility includes: Treadmills, Stairclimbers, Upright and Recumbent Bikes, Rowers, Precor Elliptical Trainers, an Upper Body Ergometer, Free Weights, Dumbbells, Benches, Smith Machine, and a Full Line of selectorized Strength Training Equipment by Nautilus® Fitness Advisor® system that tracks your workouts electronically and gives you regular feedback

- **Group Exercise Classes**

Classes for all skill levels include Zumba, Yoga, Kickboxing, Step, and Muscle Conditioning Classes.

- **Free One-Hour Introductory Exercise Program**

All new members are eligible to receive a free one-hour Introductory Exercise Program (IEP) from one of our Exercise Physiologists

- **Trained & Experienced Staff**

Each member of our fitness center staff has a degree in Exercise Physiology

- **Locker Rooms, Showers, & Towel Service**

Locker rooms complete with showers, complimentary towel service, blow dryers, iron & ironing board, day-use and rental lockers.

- **Convenient Location and Hours**

East Campus in the Shapiro Clinical Center

Monday – Thursday: 5:30 a.m. - 8:00 p.m.

Friday: 5:30 a.m. - 7:00 p.m.

Saturday: 8:00 a.m. - 2:00 p.m. (free parking in Shapiro Clinical Center garage)

- **Affordable Membership Rates**

Membership for BIDMC employees is \$12/week and can be taken directly out of your paycheck

Affordable membership rates for non-BIDMC employees

Low initiation fee of \$50 that is waived if you have Harvard Pilgrim Healthcare

- **Health & Wellness Education** (membership not required)

One-time and on-going programs on topics like Stress and Time Management, Nutrition and Weight Management, as well as specialized programs on a variety of health and wellness issues (additional fee for some programs)

- **For More Information**

Stop by the Tanger Be Well Center

Call 617-667-4695

Visit us on the Internet at: [www.bidmc.harvard.edu/bewell](http://www.bidmc.harvard.edu/bewell)

# Join us...

To join the Be Well Fitness Center, simply:

- Complete the attached application
- Attend a brief, mandatory orientation to learn about the facility and our policies and procedures
- Exercise! \*

\* Some individuals with identified health risks may be required to obtain medical clearance from their primary care provider before using the fitness center.

## Membership Rates

Low initiation fee of \$50

Initiation fee is waived if you have Harvard Pilgrim Healthcare

BIDMC Employees & Family (per person)  
Community Members

\$312/semi-annually (\$12 weekly payroll deduction)  
\$338/semi-annually (cash, check, charge)

Membership in our fitness center is on a semi-annual (6 month) basis. It is open to anyone 16 years and older, including medical center employees and their families; patients of Beth Israel Deaconess Medical Center and other CareGroup institutions; and other patients and employees of the Longwood area community.

One week trial option for first time visitors:

No charge for BIDMC Employees & Family

\$25 fee for Non-BIDMC Employees (fee will be applied towards 6-month membership upon sign-up)

## Location

*East Campus*  
Carl J. Shapiro Clinical Center  
Ground Floor  
330 Brookline Avenue

## Hours of Operation

Monday – Thursday: 5:30 a.m. – 8:00 p.m.  
Friday: 5:30 a.m. – 7:00 p.m.  
Saturday: 8:00 a.m. – 2:00 p.m.



**Phone: (617) 667-4695**

**Fax: (617) 975-5175**

**[www.bidmc.harvard.edu/bewell](http://www.bidmc.harvard.edu/bewell)**

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