

# **NSMC Wellness & Integrative Medicine Center**

## **Gym Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7-8:30 am Open Gym (Carol)	7-8:30am Open Gym (Kim)	7-8:30 am Open Gym (Maureen)	7-8:30 am Open Gym (Carol)	8-9 am Open Gym (Mary)
	7:15-8:15 Step/Muscle Conditioning	7:45-8:15 Muscle Conditioning	7:15-8:15 Boot Camp	7:15-8:15 Step/Muscle Conditioning	8-9 Step/Muscle Conditioning
10:15-11:15 Open Gym (Mary)		10:15-11:15 Open Gym (Mary)			
	12 -2:00pm Open gym (Joanne/Heather)		12 -2:00pm Open gym (Kim)		
3:30-6pm Open gym (Simone)	4-6 pm Open gym (Simone)	4-6pm Open gym (Jo-Anne)	4-5pm Open gym/ Strength training (Colin)		
4:45-5:45 pm Step Interval	4:45-5:45 pm Step/Muscle Conditioning	Muscle Conditioning 5:00-5:45p			

**Fee Schedule:**           **\$45per month (minimum purchase 2 months for \$90)**  
                                     **\$70 per 11 session card**  
                                     **\$420 yearly pass**  
                                     **\$6 per week NSMC employees(payroll deducted)**

\*We accept cash, check or Visa/Mastercard/American Express/Discover  
\*If paying by check, please make checks payable to *North Shore Medical Center*

***For more information:   Cardiac Rehabilitation Graduates-call 978-825-8565***  
                                     ***Heart & Wellness Graduates (Risk Reduction & Gastric***  
                                     ***Bypass-call 978-741-4151***  
                                     ***Employees/Public 978-740-1022***

**Bad Weather Cancellations: Please call 978-741-1215 x 7228**

## **Class Descriptions:**

**Step:** Involves stepping on/off an adjustable platform to music using simple arm movements. Cardio portion is 30-40 minutes followed by 10-15 minutes of strength training.

**Muscle Conditioning:** The first 30 minutes involves cross training on a variety of cardio equipment with a staff member guiding you followed by 30 minutes of strength training for the entire body.

**Step Interval:** Easy to follow step routines alternating with sets of more intense movements (squats, weight work on floor etc.) Cardio portion is 30-40 minutes followed by strength training and relaxation.

**BootCamp:** This is a great all around class designed to challenge both your cardiovascular system along with your muscles. Move from station to station utilizing a variety of strength training equipment (tubes, weights, balls etc.) along with cardio machines/aerobic stations. All major muscles are worked. Balance training included. Stretching and relaxation follows.

**Open Gym:** The gym is open for you to exercise independently, using the cardiovascular and/or strength training equipment. An instructor is present if needed for assistance. [Strength training is led by an instructor if interested.](#)

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- *Do not begin exercise or strength training unless an instructor is present.*
- *Arrive to class on time if participating in a group class.*
- *Be considerate of others. Do not stay on 1 piece of equipment longer than 20 minutes during busy hours.*
- *Always work at your own pace.*
- *Notify an instructor if you are not feeling well at any time.*

### **Directions**

**The NSMC Wellness and Integrative Medicine Center  
400 Highland Avenue, Suite 13**

From Lynn, take Western Avenue that turns into Highland Avenue (Route 107) towards Salem. After entering Salem, at second light take left. The Center is located in the 400 Highland Plaza.

From downtown Salem take Highland Avenue towards Lynn (Route 107). The Center is located 1.8 miles from Salem Hospital. Enter the 400 Highland Avenue plaza on the right.