

# A New Mom's Ticket to Exercise

## 30-day Free Gym Pass

Following your stay at McLaren, we would like to help you get back in shape. All new moms are entitled to a free, 30-day pass to a McLaren Wellness Center at Bristol Place, Flushing or Fenton. This pass includes an introduction to the exercise equipment by a member of our staff as well as full use of the equipment. You may begin your complimentary membership following your 6 or 8-week postpartum check up. A doctor's note from your OB/GYN is required to begin your new mom ticket to exercise.

## Why Use Your Free One-Month Pass?

- Improve muscle tone
- Accelerate weight loss
- Increase energy level
- Enhance overall strength
- Maintain a healthier lifestyle
- Personal time for mom



## Facilities and Hours of Operation

### Fenton

4045 Owen Rd.

810-750-2222

Monday thru Thursday 7 a.m. to 6 p.m.

Friday 7 a.m. to 3 p.m.

### Flushing

2500 North Elms Rd.

810-342-5558

Monday thru Friday 7 a.m. to 6 p.m.

### Bristol Place-Flint

4466 W. Bristol Rd.

810-342-5350

Monday thru Thursday 7 a.m. to 6 p.m.

Friday 7 a.m. to 3 p.m.

**For more information or to schedule your first visit, call (810) 342-5558.**