



## Hours of Operation

### Monday – Thursday

5:30 a.m. – 7:00 p.m.

### Friday

5:30 a.m. – 4:00 p.m.

Closed weekends and company-  
recognized holidays.

## Questions?

For current information on  
programs and services,  
please call 312.653.8002 or  
email [motivafitnesscenter@bcbsil.com](mailto:motivafitnesscenter@bcbsil.com).



Motiva®  
Making Wellness Personal

## MEMBERSHIP



becommitted



Motiva®  
Making Wellness Personal

## About Us

At Motiva Fitness Center, we are passionate about fitness and health and can help you achieve your goals. Reach your personal best and have fun doing it, with a convenient location that makes it easy to work out and to relax.



## Membership Offerings

Take advantage of all that your Motiva Fitness Center membership has to offer, with a state-of-the-art facility and best-in-class services. Options include:

*Cardiovascular and resistance equipment* — the latest in equipment and machines and a large range of free-weights.

*Fitness assessment* — we'll assess your current fitness level, including movement, flexibility, strength and endurance, as well as measure your heart rate, blood pressure and body composition. Includes a personalized exercise prescription to help optimize movement and support you in reaching your goals.

*Group fitness classes* — enjoy regularly scheduled, live classes across a variety of categories including strength and conditioning, cycling, bootcamp, core, yoga and more.

*Programs, challenges and education opportunities* — including fitness and total wellbeing options.

*Personal training\** — train with supportive, professional trainers (certified by nationally accredited training organizations) who will tailor your workouts with a personalized exercise plan to help you achieve your goals. Select from personal, buddy, small group or semi-private trainings.

\*This service is available at an additional fee.



## Membership Options

Fitness center membership is open to all HCSC employees, contractors and tenants.

*Employee fee:* \$10.00 per pay period

*Contractor/Tenant Fee:* please see staff for details

## Locker Rental

*Locker rental fee:* \$2.50 per pay period

**Note:** Prices are subject to change. Fees and dues listed include sales tax.

## How Do I Enroll?

**Step 1.** Email [motivafitnesscenter@bcbsil.com](mailto:motivafitnesscenter@bcbsil.com) to begin the registration process.

**Step 2.** Schedule your complimentary fitness assessment/new member orientation by calling 312.653.8002 or visiting the front desk.