

New Studio to Open at IU Health Ball Memorial Fitness Center.

Indiana University Health Ball Memorial Hospital will hold an open house on March 4, 2014, to celebrate the opening of a new studio space. Food and beverages will be served at the event, along with door prizes, such as free massage and personal training certificates. IU Health Ball Memorial Hospital team members are invited to tour the new studio space from 7:30 am - 3:30 pm.

Sara Lynn, coordinator, IU Health Ball Memorial Fitness Center, is especially excited for the opportunities the studio will bring to team members and the community.

“Group classes are great for people who need extra motivation; there’s a camaraderie that develops and that makes people accountable,” said Lynn.

Fitness classes will be held in the spacious, sunny studio and will be open to all members of the IU Health Ball Memorial Fitness Center. The number of classes will increase to accommodate third shift team members. Classes being offered include:

- Zumba
- Spin
- Yoga
- Piloxing
- Toning
- Bootcamp

The monthly cost of an individual fitness center membership (employee) is \$11. Family membership plans (employee) are available for \$17 per month and non-employee memberships are \$14 per month.

“I believe that this will be a more convenient and healthy option for all who participate in the new studio,” Lynn said.

For more information, please contact Sara Lynn at 765.747.3643 or visit iuhealth.org/ball-memorial.