

Chattanooga  
**LIFESTYLE**  
CENTER

**ERLANGER ASSOCIATE PROGRAMS  
REHAB & WELLNESS DEPARTMENT  
THE CHATTANOOGA LIFESTYLE CENTER**

**325 Market Street  
778-9400**



**The Rehab & Wellness department of Erlanger offers options for employees who would like assistance with getting physically fit, losing and maintaining weight or just staying healthy. We can help you accomplish your goals whatever they may be.**

**An Associate Lifestyle Membership is available for \$20.00 - \$28.00 per month for individual membership or \$25.00 - \$45.00 per month for family memberships. These memberships include access to the Gym, Aquatic Classes, swimming laps, Yoga Classes or Tai Chi.**



**Another choice offered to employees interested in a weight loss program is “E-Fit.” This is a 12 week program designed for a 25 pound weight loss. Initial comprehensive evaluations are completed by our registered dietitian, psychologist and exercise physiologist. Educational classes meet on Tuesdays weekly from 5:30 – 6:30 p.m. This program is offered at a discounted rate of \$448.00.**

**For more information or any questions you may have in reaching your individual health or fitness goals please call us at 778-9400.**