Community Health Education Complex (CHEC)

- Gym Membership
- Fitness Classes
- Aquatic Classes
- Swim Lessons
- Personal Training

HOURS OF OPERATION

Fitness Center
- Mon-Fri 5:30am-8:30pm
- Sat 5:30am-3pm
- Sun Closed

Aquatic Center
- Mon-Fri 5:30-9am
- 11am-1pm
- 6:30-8:30pm
- Sat 5:30-10am

Silver Sneakers!

CHEC is now a partner with the Silver Sneakers® program. If you are a senior citizen, you may qualify for a FREE membership. See the next page for more details!

CHEC Membership

Membership includes unlimited access to the fitness center and aquatic center (during open swim hours).

- Spring Semester Membership (January 1st– May 15th) $95
- One Month Membership (Any one month period) $30

One day passes are also available for $5!

Discount!!!!! (Must register at the CHEC to receive discount)

Register for both 8 week CLASSES at once and receive 10% off your entire purchase.

Orientation Video

Orientation video for new users! All new users are required to view an 8-minute orientation video. This orientation contains information about the facility and also includes a waiver/release form. The video can be viewed at the CHEC building or online from your own home (CHEC website). Once the video has been viewed one time, you will not be required to complete the video again in the future.
“Hear” From Our Students - Robert Coffield

Bob has been a member of our aerobics center for over 30 years! He says, “Initially it was for convenience because I live close by, but over the years it has become more than that. It is a great facility with all the equipment I need and the staff is nice and friendly. You build relationships over the years, and there is a social aspect to it.”

Bob goes on to say that being a member of our Community Health Education Complex (CHEC) has been a personal benefit as it has helped him maintain his diabetes and manage his weight.

“It is a great facility with friendly staff. The facility is clean and equipped with all the equipment you would need. It is also a great social environment, and not only can you get a membership, but you can also enroll in a variety of fun classes here.”

“Honestly it already meets my needs and is a great facility, but over the years I have thought that it would be nice to have an indoor running track and that would be something I would be interested to see happen in the future.”

COMMUNITY EDUCATION HEALTH COMPLEX (CHEC BUILDING) CONTACT 985-2828, EXT. 8502 OR 8504

SILVERSNEAKERS®

Silver Sneakers® is a program that offers basic fitness memberships, amenities, and fitness classes to many qualifying senior citizens in the United States—at no cost to the participants. There are over 12 million qualifying members and more than 13,000 participating locations. Healthways, the company that runs the program, describes Silver Sneakers® as a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. If you are under one of the following health insurance providers, you may qualify:

- AARP® Medicare Supplement Insurance Plan
- Aetna Medicare
- BlueCross BlueShield of Illinois
- Coventry Health Care of Illinois
- Coventry Health Care of Missouri
- Essence Healthcare
- Health Alliance Medicare
- Humana
- UnitedHealthcare®
- WellCare

At CHEC, SilverSneakers® members receive a free membership and also have the option of taking several SilverSneakers® classes for no cost. To see SilverSneakers® class listings, refer to the CHEC class schedule later in this brochure. If you qualify for SilverSneakers®, stop by the front desk or contact Deana Smith at Ext. 8502 to get registered.

FITNESS CENTER

The Aerobic & Weight Training Center includes weight machines, free weights, dumbbells, a 1/16 mile walking track, 14 treadmills, 24 bicycles, 12 elliptical gliders, 2 stair climbers, and 2 rowing machines. This area also features an aerobic super circuit and 10 satellite television systems

BODY SCULPT (PS 992). A muscle-toning class that focuses on core strength. Weight bars, elastic bands, dumbbells, and other various fitness equipment may be used. Be prepared to improve your strength and flexibility while simultaneously burning fat and calories. Sessions: 16, Fee: $45.00

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning January 26, 5:45A-6:30A, Instructor: Karen Scriven
Section No. 01B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning March 29 (Late Start), 5:45A-6:30A, Instructor: Karen Scriven

NEW BUTTS AND GUTS (PS 704). A butt-kicking, gut wrenching class aimed at improving your lower body and core. This class is for all levels and easily adaptable!

Section No. 01A: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning January 25, 5:00A-5:50A, Instructor: April Stanly
Sessions: 15, Fee: $45.00
Section No. 02A: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning January 26, 6:30P-7:15P, Instructor: April Stanly
Sessions: 16, Fee: $45.00
Section No. 01B: John A. Logan College CHEC, Room J120, Meets Monday/Wednesday beginning March 28 (Late Start), 5:00A-5:50A, Instructor: April Stanly
Sessions: 16, Fee: $45.00
Section No. 02B: John A. Logan College CHEC, Room J120, Meets Tuesday/Thursday beginning March 29 (Late Start), 6:30P-7:15P, Instructor: April Stanly
Sessions: 16, Fee: $45.00