



eCommunity.com/healthplex

Table of Contents

Facility Hours:

Monday through Friday: 5:15 a.m. to 10:00 p.m.
Saturday and Sunday: 7:00 a.m. to 8:00 p.m.

Courtside Café Hours

Monday through Friday: 6:30 a.m. to 9:00 p.m.
Saturday: 8:00 a.m. to 7:30 p.m.
Sunday: 9:00 a.m. to 7:30 p.m.

Kids Zone Hours

Monday through Friday: 8:00 a.m. to 8:00 p.m.
Saturday and Sunday: 8:00 a.m. to 2:00 p.m.

Membership Office Hours

Monday through Friday: 8:00 a.m. - 8:00 p.m.
Saturday: 9:00 a.m. - 5:00 p.m.
Sunday: 11:00 a.m. - 3:00 p.m.

Special Facility Hours:

New Year's Day: Friday, January 1, 9:00 a.m. – 6:00 p.m.
Easter: Sunday, March 27, 7:00 a.m. - 1:00 p.m.

Phone: (317) 920-7400

Fax: (317) 920-7404

eCommunity.com/healthplex

- 4 Aquatics**
- 5 Aquatic Group Fitness**
- 6 Courtside Café & Catering**
- 7 Tennis**
- 8 Fitness**
- 9 Group Fitness**
- 10 Pilates Reformer and Yoga**
- 11 Wellness Education**
- 12 The Spa**
- 13 Children's Programming**
- 14 Staff Phone Numbers**

About the Facility

Welcome to Community Healthplex, an affiliate of Community Health Network – a comprehensive, medically based health and wellness facility providing you and your family with a full continuum of care.

- Membership is available to individuals of any health and fitness levels.
- No contracts or hidden fees - members enjoy month-to-month agreements with no obligations
- 100,000 square foot facility that includes:
 - Two swimming pools
 - Six indoor tennis courts
 - Three outdoor tennis courts
 - Two racquetball courts
 - Cardio area
 - Weight lifting area
 - Variety of classes
 - Personal Training
 - Spa
 - Kids Zone child care
 - Courtside Café and Catering
 - Locker room and towel service
 - Whirl pool
 - Sauna
 - Steam room

All of our departments work together to help you live a healthier lifestyle.

Aquatics

Adult Programs

Group Swim Lessons

Beginner

For those just learning to swim. Progress at your own rate while learning new skills.

Stroke Improvement

These classes are geared toward teens and adults that are ready for the next level including improving the different strokes.

Healthplex Masters Swim Team

An adult aquatic fitness program for triathletes, competitive and fitness swimmers.

Underwater Videotaping

Need to work on your technique? Want to know what your stroke looks like from below the water? Try our Underwater Videotaping session! We will videotape you above and below along with giving you feedback on how to become more efficient with your strokes.

Specialty Programs

American Red Cross Lifeguard Class

Candidates learn how to respond to water related emergencies by developing surveillance skills to recognize and prevent emergencies. You must be 15 years of age by the completion of the course.

Water Safety Instructor Certification (WSI)

Learn how to be a Red Cross Water Safety Instructor. We cover how to teach different populations, stroke development and the principles of water. Attendance at all classes is required.

Youth Programs

Group Swim Lessons

Parent Tot (6 months - 3 years)

Parents and children learn to increase a child's comfort level in the water.

Beginner

Children will learn the fundamental skills of swimming, including floatation and locomotion.

Advanced Beginner

You will build on the skills learned in previous levels. Introduction of breaststroke and butterfly are covered along with treading water and coordination of the front to back crawl.

Barracuda Swim Team

This program is the beginning of a non-competitive swim team. This program is designed for youth ages 6-15 that have an interest in swimming for fitness. Must be able to complete 25 yards of freestyle. All classes are held in the lap pool.

Special Groups

Is your child in Cub Scouts, Boy Scouts, Girl Scouts or Brownies? Bring your scouts to Community Healthplex to earn their aquatics badges. A minimum participation of five scouts is requested.

Adult & Youth Programs

Private and Semi-Private Lessons

Private and semi-private instruction available. Those 3 years and older may participate. Please notify your instructor of any change in schedule at least 12 hours in advance to refrain from being charged for a missed swim lesson. All instructors are Red Cross certified instructors and US Master's Adult Learn to Swim Certified.

Aquatic Group Fitness

All aquatic group fitness classes are included in our Community Healthplex membership. All of our instructors are certified through the Arthritis Foundation or other accredited water fitness organizations.

Aquatic Group Fitness Classes

Hydromania

A medium to high intensity class using the various natural properties of water.

Strong on Sunday

Engage in high-energy aquatic cardio fitness that implements different strength training strategies.

Aquacize

A high intensity class using the various natural properties of water. Participants will focus on range of motion, flexibility, strengthening and interval core conditioning. You will stand, submerge and make buoyant movements.

Power Plunge

This fast-paced class is designed to combine aerobic conditioning with strength training, muscular endurance and flexibility.

Splash-N-Dash

This is a dynamic class including active stretches, strengthening through the use of water resistance and high intensity aerobic components.

Aquatic Personal Training

A personal training session in the pool to get the most out of your workout with one-on-one instruction and motivation.

Aqua Arthritis

A low intensity class that gives participants stretching, range of motion, flexibility and balance.

Aqua Ai-Chi

Ai Chi is a water movement and relaxation program focusing on the integration of mind, body and spirit.

Aqua Bollywood

An upbeat fusion dance class that showcases Indian traditional (Bhangra), classical and modern moves (influences from Hip Hop and Salsa). It is one of the most lively and vibrant rhythm dance forms.

Aqua YO-PI

This class is a combination of Yoga and Pilates in the water.

Boot Camp

A vigorous workout in the lap pool. You do not need to know how to swim to get all of the benefits. Pool shoes are advised.



For more information, contact Sally Brindle at 920-7416 or sbrindle@ecommunity.com



From a small business meeting to a large celebration, Courtside Catering will help to make your event a smashing success! Our staff has years of experience in planning and organizing a variety of conferences and special events.

Accommodations:

- An elegant boardroom will add a touch of class to your meeting
- For larger groups - two spacious classrooms can meet your needs

Event-planning services include:

- Audio and visual aids
- Teleconference set-up
- Free Internet
- Free room set-up to your specifications
- Catering

Compare our rental rates with any other conference rooms in the metropolitan area of Indianapolis and you will find what a great value our facilities have to offer.



This coupon is good for
10% off Catering
(up to \$100.00 value)
Restrictions apply

Expiration: May 31, 2016

For more information, contact Greg Coval at
920-7421 or gcoval@ecommunity.com

Adult Programs

Adult Group Clinics

Our tennis clinics are one and a half hours of fun, fast paced drills. All clinics must have at least 3 players or the class will be cancelled. Participation is required for at least three classes or pay per rate will apply.

Adult High Intensity

This clinic is designed to provide a high intensity workout. Admittance to the class is determined by the tennis professional. Sign-up is on a weekly basis.

Grand Slam Singles Ladder

This is a singles round-robin league format for men and women of all levels. This program is designed for competitive singles play.

Central Indiana Women's Indoor League

This is a women's doubles inter-club league versus various Central Indiana tennis facilities. This program runs from September to May and is open to 4.0, 3.5, 3.0 and 2.5 level players.



Adult & Youth Programs

Private and Semi-Private Lessons

Looking to improve your game? Try private lessons. One-on-one instruction is most beneficial for working on the specifics of your game.

Youth Programs

Junior Tennis Academy

Players will be evaluated and placed in a group according to their skill level. Admittance to the academy is solely up to the Tennis Director and the Junior Development Coordinator.

Junior Tennis Clinics

We offer a wide variety of tennis clinics from beginners to advanced level players. Our tennis clinics are designed for students to participate in a fun learning experience. Participation is required for at least three classes or pay per rate will apply.

For more information, contact Miguel Dungo at
920-7406 or mdungo@ecommunity.com

Fitness Programs

Fitness Boot Camp

Boot camp is a combination of strength, muscular and cardiovascular endurance, core stability and mobility through functional movement patterns. This class is programmed to provide a total body workout through its core, while specifically targeting various muscle groups during each workout.

Small Group (2 Persons) Training

Our small group-training program is designed for members ready to advance their fitness to a new level, while having the extra support of a training partner. We focus on building partnerships and sharing a fun training experience while getting great results! Enjoy the benefits of being led to your goals by a personal trainer with a more affordable option than one-on-one sessions.

Full Court Basketball

Members can participate in full court basketball on Mondays, Wednesdays and Fridays from 1:00 p.m. to 3:00 p.m. The court is reserved for members only and there is no cost to participate. Ages 21 and up.



For more information, contact James Long at 920-7414 or jxlong@ecommunity.com

Personal Training

Why should I hire a personal trainer?

A personal trainer will help you get the most out of your workout by providing professional expertise, one-on-one instruction and personal motivation.

About Our Trainers

Community Healthplex personal trainers are highly qualified fitness professionals with college degrees in health, fitness and exercise-related fields.

Payment Policy

All packages are pre-paid and are non-refundable and non-transferable. Members may use the EFT option to pay for packages of 20 or 30 sessions.

Expiration Policy

All packages expire six months from date of purchase. Unused packages will be forfeited.

Cancellation Policy

All sessions must be cancelled at least 12 hours in advance from the scheduled time or the client will be billed in full.

Group Fitness Classes

Align & Flow

Increase strength and flexibility with a smooth yoga class that will incorporate all of the traditional benefits of yoga.

Anything Goes

Learn how to effectively cross train for your favorite sport and play the game during class! Each month focuses on a different sport to train and scrimmage.

Arthritis

An Arthritis Foundation certified class using stretching, movement and lightweight bearing exercises to assist with active daily living movements. This class can be done sitting or standing.

Bollywood

Bollywood is an upbeat fusion dance class that showcases Indian tradition (Bhangra), classical and modern moves with influences from Hip Hop and Salsa.

BODYBUMP™

A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles.

Cycle/Core

This class combines the high energy of indoor cycling and the core focused class of hard core abs with 45 minutes of cycling and 15 minutes of core work.

Fit/50

Designed specifically for the active adult over 50 years of age, this class combines exciting dance choreography with toning and stretching.

Hard-Core

Strengthen your core and learn the benefits of core training with this unique abdominals routine.

Indoor Cycling

This high-energy indoor cycling program for all levels is designed to improve fitness and performance.

Interval Training

This class is jam packed full of agility and strength drills. Classes are broken down into cardio, strength and combo classes.

Mat Pilates

Mat Pilates focuses on the classical repertoire of Joseph Pilates principles. Participants will benefit from core and stability training with enhanced breathing techniques.

Piloxing

Uniquely blends the power, speed and agility of boxing with the beautiful sculpting and flexibility of Pilates.

R.I.P.P.E.D.

Total body workout which combines Resistance, Intervals, Power, Plyometrics, Endurance and Diet components of R.I.P.P.E.D. to help you attain and maintain your physique in ways that are fun, safe and effective.

Senior 30/30

This balanced workout of 30 minutes of strength and 30 minutes of core work and stretching will leave you feeling energized.

Seniorcize

This is a fun class designed specifically for seniors with easy to follow dance routines, low impact floor work, light resistance training and abdominal exercises for a complete body workout.

Step Aerobics

Power movements and hot choreography provide a cardio class that will increase your endurance and health.

Tabata Strength

Tabata training principles will be applied for a whole body effort workout with intervals only as hard as you want to make them.

Ultimate Stretch

Stretching promotes muscular balance, reduces tension, increases range of motion and helps prevent injury.

Vinyasa Yoga

Vinyasa is a method of yoga in which movements are synchronized with the breath.

Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allows participants to dance away their worries.

Zumba Gold

This class takes the original Zumba class and makes it accessible for seniors, beginners or others needing modifications.

Zumba Step

Tone and strengthen glutes and legs with a gravity-defying blend of Zumba routines and step aerobics.

Yogilates

This class blends the breath work, core stability, toning, stretching and strengthening and body-mind awareness aspects of Yoga and Mat Pilates classes into one.

Yoga Fit

Yoga Fit is based on Hatha Yoga principles blending balance, strength, flexibility and power.

For more information, contact Meggan Breen at 920-7451 or mbreen@ecommunity.com

Pilates Reformer

What is Pilates Reformer?

The Pilates method of exercise dates back to the early 20th century. Its creator, a man named Joseph Pilates, lived in Germany and developed the method as a means of overcoming his many physical limitations. The technique, in its original form, did not use any type of exercise machine, but it eventually evolved into a mat and equipment workout. The Reformer was Pilates first exercise machine.

This workout is so unique that it cannot be simulated by any other piece of equipment in the facility. This type of training can completely change the shape of your body and work each muscle group while maintaining core control.

Benefits of Pilates Reformer

- Increased core strength
- Sculpted legs
- Torso and arms
- Lean muscle around the shoulders
- Improved body awareness and posture
- Stress reduction
- Increased flexibility
- Balance

Pilates Reformer Group Sessions

Sessions are sold in 4, 8 and 12 session increments. Sessions expire two months from the date of purchase. Sign up is required for all Group Reformer classes 48 hours before the first class begins to ensure the session will be held. There is a minimum of 3 participants for the class to be held. If the minimum is not met, you will be contacted to reschedule for another open class.

For more information, contact Meggan Breen at 920-7451 or mbreen@ecommunity.com

Yoga

Benefits of Yoga

- Improves flexibility, strength and posture
- Improves ability to focus and concentrate
- Improves lung capacity, through breathing techniques
- Increases feeling of calm and less stress
- Improves sleep and memory
- Relieves symptoms of asthma, back pain and arthritis
- Lowers blood pressure and slows heart rate

Private Yoga Lessons

Private yoga lessons are an excellent way for new students to learn yoga in a non-intimidating environment that customizes yoga to the needs of the individual. Private yoga lessons are also available for more experienced students to refine their skills and gain access to advanced practices that may lead to great physical and energetic shifts.



Wellness Services

Wellness Education Sessions

Want to learn about various wellness topics? Educational classes will provide information about current health topics and resources will be made available for further information. The topics provide information on leading a healthier lifestyle and getting a new perception of your overall health status. Educational sessions will be offered each week either during the morning, lunch or after work. You can sign-up at the Service Desk or online at our website. Members and non-members are welcome! There is a \$5 charge for non-members.

Wellness Educational Sessions include:

- Breakfast/Lunch/Dinner and Learns
- Educate and Exercise
- Know Your Numbers

Meet the Dietitian

Whether you have a specific problem that needs addressed - cholesterol reduction, high blood pressure, weight loss or simply would like to learn how to improve your health through proper nutrition, meet with our registered dietitian to discuss your individual concerns.

Cardiac Rehab

Cardiac Rehabilitation is a professionally supervised program helping people recover from heart attacks, heart surgery and percutaneous coronary intervention procedures. This is a physician-supervised program in which the staff of nurses and exercise specialists monitor your progress sharing the results with your physician. The Cardiac Rehab Program is located here at Community Healthplex, providing a convenient location in a full service health and wellness environment. If you are interested in cardiac rehab services, talk with your physician. You will need a referral and/or a prescription from your doctor.

Screenings

Various services and screenings will be offered throughout the month and at each health fair. Screenings include: health risk appraisal, cholesterol screening, lipid profiles, glucose testing, blood pressure, body composition measurements and much more.

Corporate Wellness

Community Healthplex is pleased to offer on-site wellness programming to area businesses. We are pleased to offer a health risk assessment that will help your employees determine areas of their health and wellness that need improvement and give each company a snapshot look at the overall health of their company.

Medically Referred Exercise Program (MRE)

Physical activity has been proven through research to not only prevent disease, but to treat many chronic illnesses. In essence, exercise can be used as a type of medicine - one with no side effects. If your doctor believes you need exercise to help with a variety of health conditions, such as diabetes, high blood pressure, high cholesterol, or obesity, we have an exercise program at Community Healthplex that can help you. Join the MRE program with a prescription from your physician. You can receive full access to our facility and programs and a consultation with one of our degreed fitness professionals. You do not need to be a member to participate in this program.



For more information, contact Kyle McIlrath at 920-7468 or klmcilrath@ecommunity.com

The purpose of the Spa at Healthplex is to provide a nurturing environment in which our members and guests can enjoy emotional relaxation and physical restoration as a result of our knowledgeable staff and quality products.

The Spa at Healthplex offers a variety of services to meet the needs of all members and guests. Spa services include massage, esthetics and nail care.

Esthetic Services

The skin is the largest organ of the body and it's important to keep it healthy and feeling great. The Spa at Healthplex uses Glo products with our services to provide our members and guests with the best care for their skin.

Our services include:

- **Glo Express Facial:** A customized mini-facial that will cleanse, hydrate and massage in half the time
- **Glo Smart Intervention Facial:** Revitalize and restore the appearance of youthful suppleness and elasticity. Discover more vibrant skin while minimizing age spots, fine lines and wrinkles
- **Resurfacing Treatment:** This beneficial treatment is for people who are prone to acne, sun damaged skin or hyper pigmentation using a 40 percent glycolic acid treatment (best results in a series)
- **Vita C/Rejuvenation Facial:** Refine skin texture, smooth and hydrate while vitamin C firms and tightens skin
- **Glo Clear Acne Facial:** Clean out pores and blackheads using a high frequency treatment
- **Back Treatment:** Includes a deep cleansing, through exfoliation, relaxing massage, beneficial mask and deep hydration
- **Waxing Services:** Waxing services include eyebrows, bikini, back, leg, lip and under arms

- **Salt Glow Body Scrub:** This is a gentle yet deep scrub that eliminates dead skin, superficial toxicity and impurities, leaving the skin soft, supple and glowing from head to toe
- **Spray Tanning:** Experience the ultimate airbrush tan! "Fast and Flawless!" Instant color!

Massage Therapy

The benefits of massage therapy include:

- Relieves stress
- Improves posture
- Improves circulation
- Lowers blood pressure
- Improves flexibility and range of motion
- Relieves headaches
- Easier breathing
- Strengthens the immune system



For more information, contact Meggan Breen at 920-7451 or mbreen@ecommunity.com

Kids Zone

What is Kids Zone?

Kids Zone is a supervised play area for children between the ages of six weeks and 12 years. While in our care, your child will enjoy free play with center themed options. You are responsible for bringing anything that is needed during their stay. In order to ensure the safety of all children, the facility reserves the right to limit space or deny admittance if Kids Zone is deemed full.

Reservation Policy

Reservations are required for children 12 months and under and need to be made at least 24 hours in advanced. We reserve the right to deny admittance if a 24-hour notice is not given.

Pricing

Members: Members can access Kids Zone childcare for free! Please remember that they must be on the membership account for this to apply. Children may not be in Kids Zone care for more than 3 hours per day.

Non-members: \$4.00/hour

Late Policy: We charge \$1 per minute that you are late picking up after closing time.

Parent's Night Out

Need a night out for just the grown ups? Leave your children here at Community Healthplex where they will have a great time watching a movie, swimming in the pool, playing games and much more. Every child will also be served pizza for dinner! Children that cannot swim must bring a floatation device from home for all swimming Parent's Night Out. Don't forget their swimsuit!

Youth Programs

Specialty Classes

Safe Sitter

Safe Sitter is a medically accurate program that teaches boys and girls ages 11 and older how to handle emergencies when caring for children.

Youth Programs

Sports Classes

Tae Kwon Do

Develop respect, discipline, self-control, listening skills, coordination and flexibility.

Dance

Join our theme based dance class! This class will cover proper stretching, leaps, jumps and more!

Tumbling

Kids will learn basic tumbling and gross motor skills as well as balance and flexibility.

Volleyball

Serving, bumping, setting, spiking and general game strategy will be covered.

Camp

School's Out Camp

- Holiday break camp
- Spring break camp

Youth Camp (ages 6-12)

Spend your school's holiday breaks with Healthplex! Children will get to have fun and be active during their break from school. They will participate in outside activities (weather permitting), all types of sports, tennis, crafts, swimming and much more!

For more information, contact Cassie Oberkrom at 920-7408 or coberkrom@ecommunity.com

Staff Phone Numbers



Community Healthplex

3660 Guion Road, Indianapolis, IN 46222
 Phone: 920-7400 Fax: 920-7404
 web address: www.ecommunity.com/healthplex/

Administration

Rhonda Garrison 920-7410
RGarrison2@ecommunity.com
Miguel Dungo 920-7406
mdungo@ecommunity.com

Aquatics

Sally Brindle 920-7416
sbrindle@ecommunity.com
 Therapy Pool 920-7902

Cardiac Rehab

Cardiac Rehab Desk 920-7423
 Fax 920-7407

Children's Services

Paige Southerland 920-7422
psoutherland@ecommunity.com
 Kids Zone 920-7412
 Camp Room 920-7431

Cafe and Catering

Greg Coval 920-7421
gcoval@ecommunity.com
 Courtside Cafe 920-7450

Membership

Kent Allison 920-7424
kallison2@ecommunity.com
 Niccole Etchison 920-7491
 Karin Foley 920-7403
 Zach Morrow 920-7418

Member Finance

Tommy McDaniel 920-7471

Fitness

James Long 920-7414
jlong@ecommunity.com
 Fitness Desk 920-7419

Group Fitness

Meggan Breen 920-7451
mbreen@ecommunity.com

Environmental Services

Neva McClain 920-7409
nmcclain@ecommunity.com
 Robbin Douglass 920-7469

Locker Rooms

Mens 920-7900
 Womens 920-7905

Community Healthplex at the Tower

James Long 266-9371
jelong@ecommunity.com
 Fitness Center 266-9371

Service Desk

Cassie Oberkrom 920-7408
coberkrom@ecommunity.com
 Service Desk Phones 920-7400

Spa

Meggan Breen 920-7451
mbreen@ecommunity.com
 Spa Reception Desk 920-7218

Tennis

Miguel Dungo 920-7406
mdungo@ecommunity.com
 Earl Allen 920-7441
 Blake Crowther 920-7442
 Parveen Kumar 920-7444

Wellness

Kyle McIlrath 920-7468
kmcilrath@ecommunity.com
 Sam Purevich 920-7472

Community Westview Hospital

3630 Guion Rd, Indpls, IN 46222
 Operator/Main Line 920-8439
 Information Desk (Bobby) 920-7245



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