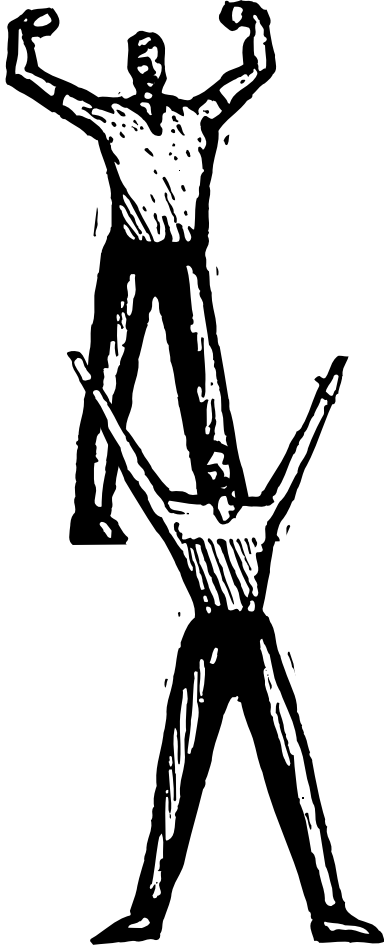


Better Health for Life from
Lehigh Valley Hospital and Health Network



**LEHIGH VALLEY
HOSPITAL**
AND HEALTH NETWORK

LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

www.lvh.org
610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE

Local Fitness Centers

With everything you have going on during the day, it's difficult to find time to exercise. Fitness centers have tried opening early and closing late for those who exercise before or after their day begins. Listed below are area fitness centers with opening and closing times.

■ Lehigh Valley Racquet & 24/7 Fitness Clubs

Trexler Mall – Route 222

Trexlerstown

610-336-4400

Routes 22 & 309

Westend

610-395-3337

601 Union St.

Allentown

610-821-1300

1441 Schoenersville Road

Bethlehem

610-691-3100

24 hours a day, 7 days a week

■ Gold's Gym

South Mall 3300 Lehigh St.

Allentown, PA 18103

610-797-6800

Monday - Thursday—5 a.m. - 11 p.m.

Friday—5 a.m. - 9 p.m.

Saturday - Sunday—8 a.m. - 6 p.m.

2134 West Union Blvd.

Bethlehem, PA 18018

610-882-4088

Open 24 Hours

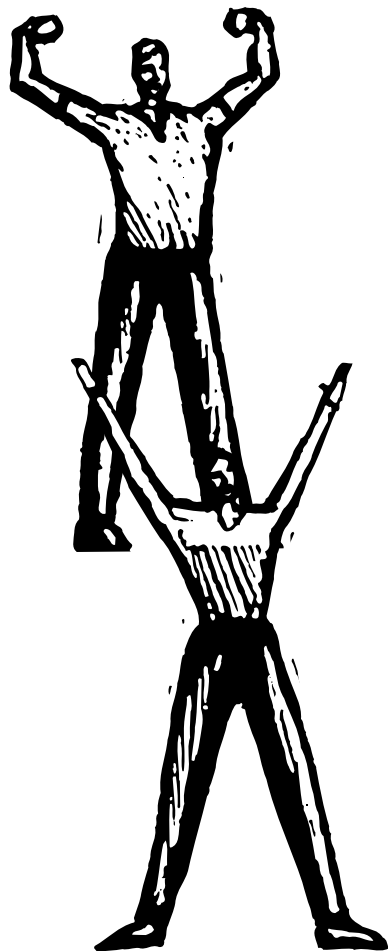
Open Monday—5 a.m.- Closes Friday 11p.m.

Saturday - Sunday—8a.m. - 8p.m.

Healthy You

September/October 2005

Better Health for Life from
Lehigh Valley Hospital and Health Network



Local Fitness Centers

L.A. Fitness

1515 Mauch Chunk Road
Allentown, PA 18104
610-432-7330

Sunday—8 a.m. - 8 p.m.

Monday - Thursday—5 a.m. - Midnight

Friday—5 a.m. - 10 p.m.

Saturday—7 a.m. - 8 p.m.

■ Allentown Sports Medicine

Lower Level

1243 S. Cedar Crest Blvd.
Allentown, PA 18103

Monday - Thursday—5:30 a.m. - 10 p.m.

Friday—5:30 a.m. - 9 p.m.

Saturday—7 a.m. - 6 p.m.

Sunday—7 a.m. - 5 p.m.

■ The Fitness Plaza

1124 Glenlivet Drive
Allentown, PA 18106
610-481-0100

Monday - Thursday—5 a.m. - 11 p.m.

Friday—5 p.m. - 9 p.m.

Saturday and Sunday—7 a.m. - 6 p.m.



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