

Become a Boundless Wellness Member

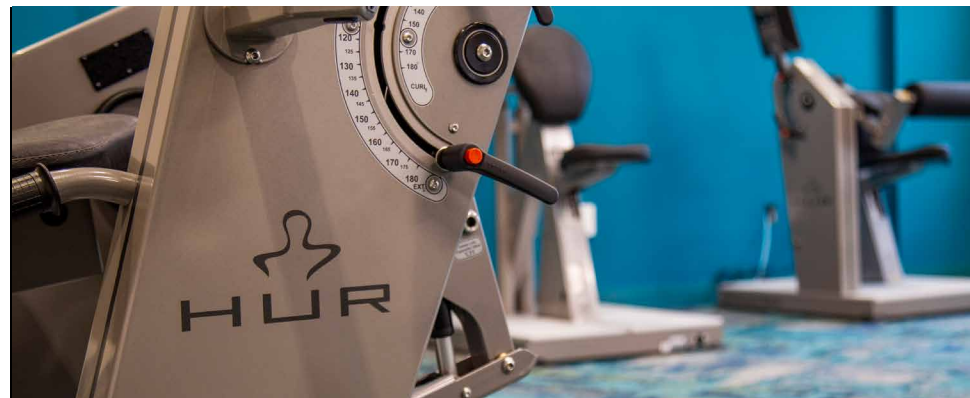
McLean is pleased to offer a limited number of memberships to our brand-new, state-of-the-art Wellness Center, located in The Goodrich on our 125-acre campus in Simsbury.

We offer group exercise, HUR exercise machines, and personal training. Boundless Wellness at McLean is designed to give you a safe and effective fitness experience no matter your ability level. Even if you have a condition that discourages you from exercising, our experts will help develop a program to meet your specific needs.



Our **Fitness Center** offers group classes Monday through Friday. Classes include:

- **Yoga for Strength**
- **Muscle Toning**
- **Mindful Chi**
- **Fit Beats Cardio Drumming**



Our **Exercise Center** features HUR exercise equipment, with a pneumatic weight system that is easier on the joints. You work with one of our instructors to set the weight right for your workout, and the machine “remembers” your settings the next time you visit!

Personal Training is available for an additional fee with our instructors – a valuable aid whether you’re just beginning an exercise regimen or want to augment your current fitness routine.

Please Contact the Boundless Wellness Center for More Information About Membership at **860-658-3750**.

