

**YOUR SOURCE FOR AN AFFORDABLE,  
CONVENIENT FITNESS CENTER FOR  
YOUTH, ADULTS AND SENIORS.**



**CALVARY COMMUNITY OUTREACH NETWORK**



**W**e all know that inactivity and poor eating habits can lead to heart disease, diabetes, stroke and even cancer. But you can do something to reduce your risk of being sidelined and facing the high costs of medical care.

At the Calvary Community Wellness Center, we are dedicated to helping you improve your overall health, well-being and productivity. Our knowledgeable fitness instructors and personal trainers provide personalized health and fitness opportunities based on sound medical principles.

Our comprehensive approach to good health combines assessment, education, motivation, and re-evaluation. We help you identify risks to your health and work with you to enhance your fitness.

**GET FIT IN A PROFESSIONAL ENVIRONMENT THAT FEELS LIKE HOME**

The Calvary Community Wellness Center is affordable—no contracts, and offers the warmth of family and plenty of convenient parking.

**VISIT THE CALVARY COMMUNITY WELLNESS CENTER AND JOIN OUR FAMILY!**

We are here to help guide you to better health by offering the professional staff, programs and equipment you need to succeed. Contact Sandy Wainright, Program Director at 816-531-4683, ext. 21, to schedule a tour and learn how membership can help you on your journey to better health!

**OUR STATE-OF-THE-ART  
CENTER PROVIDES MEMBERS:**

- Health screenings and fitness evaluations
- Personal training, group exercise and cardiovascular fitness programs
- Free weights and circuit training
- Specialty classes in Zumba, yoga and more
- Weight management programs
- Nutrition counseling
- Health seminars
- Facility rentals for special events

**MON - THURS: 7:00 AM - 8:00PM | FRIDAY: 7:00 AM - 7:00PM | SATURDAY: 8:00 AM - NOON**

**3002 HOLMES STREET, KANSAS CITY, MISSOURI 64109 • 816-531-4683, EXT. 23 • WWW.CCON-KC.ORG**