



The Health First Pro-Health & Fitness Center Viera is situated west of I-95 (exit 191) on the southwest corner of Wickham Road and Lake Andrew Drive (8705 North Wickham Road, Viera, FL 32940)

25 YEARS OF COMMITMENT TO HEALTHY LIVING IN BREVARD

You're Invited!

The Pro-Health & Fitness Center in Viera is joining our family of fitness facilities 25 years after the first Pro-Health & Fitness Center in Melbourne opened its doors to provide state-of-the-art fitness and wellness services to our community.

Over the years, our commitment to the community has continued as we opened Centers on Merritt Island, in Palm Bay, and now in Viera.

Pro-Health & Fitness Center Viera Public Sneak Previews!

Saturday, Sept. 6
10 am to 5 pm

Sunday, Sept. 7
noon to 5 pm

Sneak Preview Highlights:

- FirstFlight helicopter landing
- Fire, Paramedic & Police emergency vehicles
- Radio DJs from FM 99.3 & FM 107.1
- Local merchant booths
- Surprise character appearances
- Great prizes & giveaways
- Drinks & snacks

Grand Opening!

Monday, Sept. 8
5:30 am to 10 pm

MONTH-TO-MONTH CONTRACTS WITH NO CANCELLATION FEES



PROUD OFFICIAL BREVARD COUNTY FITNESS CENTERS OF THE WASHINGTON NATIONALS MAJOR LEAGUE BASEBALL TEAM.

PRO-HEALTH & FITNESS CENTER HOURS:

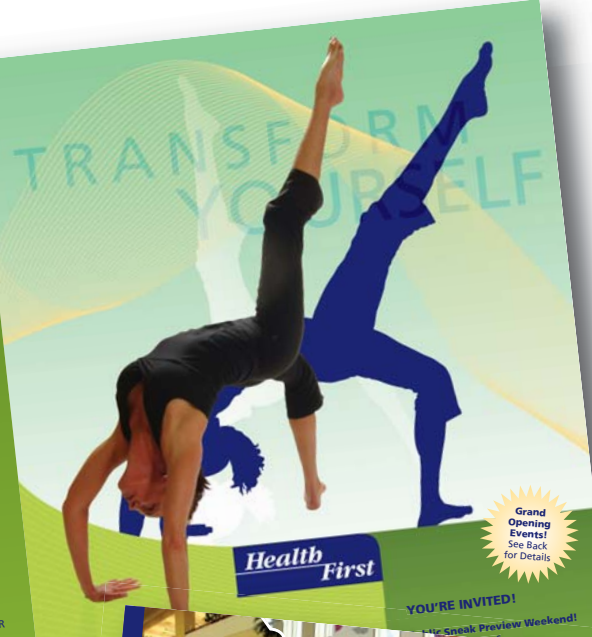
Monday – Thursday 5:30 am to 10 pm	Saturday 8:00 am to 5 pm
Friday 5:30 am to 9 pm	Sunday 10:00 am to 4 pm

(Call 321.434.9149 for Viera location Pre-registration hours.)

CALL 321.434.9149 OR VISIT WWW.HEALTHFIRSTPROHEALTH.ORG

Health First
Pro-Health & Fitness Center

FOUR CONVENIENT LOCATIONS FOR ALL MEMBERS:
Melbourne
Merritt Island
Palm Bay
and now
Viera



Health First

Grand Opening Events!
See Back for Details

YOU'RE INVITED!
Sneak Preview Weekend!



More Than Just A Place To Work Out

As a goal-oriented facility, Pro-Health helps members make amazing progress every day. It's where everyday 'pro-healthy' lifestyles.

Designed for everyone! From the beginner to the advanced athlete, Health First Pro-Health & Fitness Center Viera has been planned to incorporate the best equipment, services, and fitness experts Brevard has to offer.

New Members, pre-register by September 7, and your \$100 enrollment fee will be waived!

FLEXIBLE PRO-HEALTH OPTIONS AT OUR NEW 68,000 SQ. FT. VIERA FACILITY:

- First Floor**
- Five-lane lap pool
 - Heated fitness pool
 - Men's and women's locker rooms with sauna, steam room, and Jacuzzi
 - Group exercise room
 - Yoga
 - Group cycling
 - Two racquetball courts
 - Gymnasium with regulation basketball court/volleyball court
 - 3,400 sq. ft. Health First Outpatient Rehabilitation Services center (relocating from SunTree)
 - Wellness/Lifestyle Program
 - Massage
 - Kid-Fit (childcare)
 - Pro Shop
 - Snack Shack with WiFi
- Second Floor**
- Indoor track
 - Free weights
 - Pilates
 - Strength training equipment
 - Cardiovascular equipment with personal viewing screens featuring **CARDIO THEATER™**:
 - Treadmills
 - Elliptical crosstrainers
 - Stair steppers
 - Stationary bikes



REGISTER ONLINE AT WWW.HEALTHFIRSTPROHEALTH.ORG BY SEPT. 1, 2008 OR STOP BY OUR NEW VIERA LOCATION SEPT. 6, 7, OR 8TH TO REGISTER TO WIN A 1-YEAR MEMBERSHIP!