



Edward Health & Fitness Center

Capitalizing on the tremendous success of their first center in Naperville, Illinois, Edward Health Services developed a second 120,000 square foot center off-campus in Woodridge, Illinois, as part of the Seven Bridges development which includes an ice area, golf course, movie theatres, single family & town home residential properties and other retail services.

Edward Health & Fitness Center II, which opened in November 1998, combines a medically based health & wellness environment with medical offices, spa services and a children's fitness facility under one roof.

To instill a healthy lifestyle in the young people in the market, the 25,000 square foot children's fitness component provides separate aquatics, gymnasium, lockers, nursery and play areas for the younger members of the community.

Membership has reached its 10,000 member capacity level.



*Woodridge, Illinois*

- Adult exercise area - treadmills, elliptical cross-trainers, stair /step machines, upright & recumbent bikes and rowers, resistance equipment and free weights.
- Indoor walk/jog track
- Aquatic center four lane, 25m lap pool, warm water therapy pool, whirlpool, sauna, sundeck
- Men's, women's & family locker rooms
- Adult basketball /volleyball courts.
- Sports Medicine Program
- Pro shop
- Wellness & health programs
- Aerobics studio
- Outpatient physical therapy & rehabilitation department
- Dedicated children's fitness facility and programming.
- Full service spa.