

# FREE WEEK GUEST PASS

Bring this card in to start  
your 7 day trial membership.



*\*Some restrictions apply. Must be 18 years of age and a local resident. Must be used within 30 days of issue.*

5353 East 68th Street South  
Tulsa, OK 74136  
918-494-1671  
[saintfrancis.com/healthzone](http://saintfrancis.com/healthzone)

 **HealthZone**  
*at Saint Francis*

## Health Zone Features and Services:

- 70,000 square foot Medically-based fitness facility, health club affiliated with Saint Francis Health System
- Premier cardio and strength equipment
- Dedicated free weight and functional training area
- Pilates Reformer studio\*
- Two indoor saltwater pools
- CrossFit\*
- Over 100 group exercise and aquatic classes weekly
- Yoga, Zumba, Barre and Mat Pilates
- Small group personal training\*
- Basketball and racquetball
- Massage services\*
- Locker rooms with steam room, sauna and towel service
- Kids Zone activity center\*
- Indoor walking track
- Deli with smoothies, wraps and sandwiches

*\*services may be an additional fee*