

# Fitness Opportunities for Caregivers

Learn more about Cleveland Clinic fitness centers and other fitness resources available to caregivers and their families!

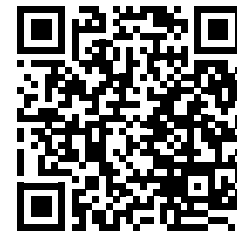
## Cleveland Clinic Fitness Center locations

Available to **all caregivers**, their **spouses** and **dependents** ages 16 and older.

Many locations in **Northeast Ohio** and **Florida**.

Employee Health Plan (EHP) and Non-EHP memberships available.

Personal training, group exercise classes, incentive program offerings and amenities vary by site.



View Cleveland Clinic Fitness Centers and Amenities



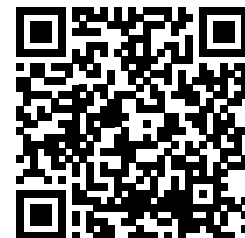
Enroll today!

## Move your body!

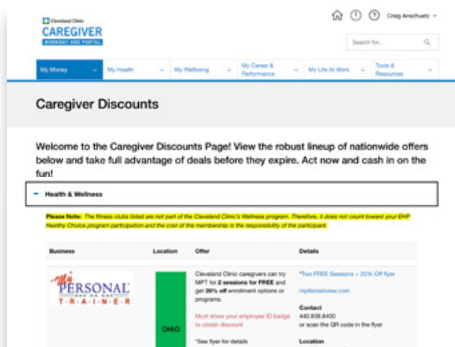
**Free** in-person group exercise classes are available at select locations.

**Free** on-demand virtual classes available 24/7.

From strength and cardio to core and yoga classes – there’s something for everyone!



Visit our Virtual Class Library



## Not close to a Cleveland Clinic Fitness Center?

Visit the HR Portal (accessible at <https://ccf.org/portal>) and check out the **Caregiver Discounts** section under “Heath & Wellness” for discounts to fitness opportunities close to you!