



Healthy4Life

About Healthy4Life

Healthy4Life is a supervised exercise program for adults attempting to improve their health or prevent chronic diseases. The program also offers participants the opportunity to expand their support system with various social and educational sessions throughout the year.

Exercise Services Provided

Aerobic Exercise - Use of all the equipment and track in PepsiCo Center.

Strength Training - Use of all weight machines.

Group Exercise Classes - Group classes taught by Trinity staff which includes:

- Cardio
- Strength training
- Stretching
- Balance training
- Yoga

Individual Help with Exercise Routine - If requested; as well as information, advice and education on your health.

Healthy4Life

PepsiCo Recreation Center
Augustana College
1025 30th Street
Rock Island, Illinois 61201

For More Information

For more information on the Healthy4Life program, please call Trinity at (309) 779-5340.

Healthy4Life is an out of pocket expense; most insurance companies do not cover Healthy4Life.

Spouses and friends may participate in this program for a reduced price.