



“Coming to the Center has helped me increase my muscle strength and my overall balance. Thank you!” - Tim



Peninsula Health Care District  
Health & Fitness Center

## Come for fitness ... stay for friends

More than just a fitness center, you'll find a welcoming environment, camaraderie and easily accessible machines.

You don't have to be a member to try us out. Ask about our Day Passes.



JOIN NOW!



Peninsula Health Care District  
Health & Fitness Center

1875 Trousdale Dr  
Burlingame, CA 94010  
(Corner of Marco Polo & Trousdale)

**650-448-1472**  
**phcdfitness.org**

### Hours

Mon - Fri: 8:00 am - 6:30 pm

Sat: 8:00 am - 1:00 pm

Closed Sundays

Call for holiday hours



“The Fitness Center is very clean, has a variety of equipment, classes and a great lounge for having a bite to eat, reading or just relaxing.” - Betty



Focused on Your Well-Being  
and Healthy Aging

At Peninsula Health Care District Health & Fitness Center, you'll discover many benefits that engage your mind, body and soul.

New members receive a short assessment and, based on their goals, staff recommends classes and / or machine exercises.

### **Exercise Equipment and Machines**

- NuStep® recumbent cross trainers for a seated total-body workout
- Treadmills
- Stationary bicycles and arm bikes
- Resistance machines
- Hand-held weights

### **A Variety of Classes for Everyone**

- Balance Fitness
- Tune-up Circuit
- Gentle Stretches and Yoga
- Seniors in Motion

### **Designed to Improve / Increase**

- Balance, mobility and flexibility
- Quality of life
- Postural alignment
- Brain function / stimulation
- Cardiovascular health and endurance
- Muscle tone / strength

### **Designed to Reduce**

- Risk of falls
- Pain and stiffness

### **Massage Therapy**

Therapeutic massage is offered in a safe, warm and friendly environment. Benefits of massage therapy include:

- Stress and anxiety relief
- Pain management
- Improved circulation
- Increased range of motion
- Strengthened immune system
- Improved sleep quality



“It’s nice to go someplace like “Cheers” where everybody knows your name.” - Joan