



4800 Fournace Fitness Center FAQ

Where is the 4800 Fournace fitness center located?

The fitness center is located in the basement of the building. Follow the “Fitness Center” signs.

Who runs the fitness center?

The Fitness Center is owned and operated by the building management company with support from the Healthy@Harris Employee Wellness Department.

How can I become a member?

To register, please review the rules and liability waiver in the link below:

1. [Click here](#) to submit the Harris Health System liability waiver.

Who can use the fitness center at 4800 Fournace?

The fitness center is open to all Harris Health System employees but space is limited to the first 600 people to sign up. First come, first serve.

What are the membership fees?

Free

Can I bring my spouse or other family member?

No. The fitness center is open to only Harris Health System employees. Non-employees or family members of employees are not allowed to use the facility.

What are the hours of operation?

The fitness center is open Monday - Friday from 6:00a.m. – 8:00p.m.

Will there be group fitness classes at the fitness center?

The Healthy@Harris Employee Wellness Department is currently gauging interest in group fitness classes.

For 4800 Fournace fitness center questions, contact employeewellness@harrishealth.org.

Contact us at employeewellness@harrishealth.org; 346-426-1597

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at 346-302-4248 or via email at HarrisHealth@cigna.com and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.