

Barney Fitness Center

Now Open 24/7

Thank you for your interest in the Barney Fitness Center at Hartford Hospital! Your Health Questionnaire has been reviewed and access has been granted to your current ID access badge.

Please take a moment to review some of the great services provided by our staff at the Barney Fitness Center (both complimentary and for a nominal fee)

Services Provided at the Barney Fitness Center

Barney Fitness Center Orientation, FREE

A Barney Fitness Center Orientation lasts approximately 20 minutes and presents an opportunity to gain a better understanding of the Barney Fitness Center's equipment and floor layout, policies and procedures of the Fitness Center, and a review of some of the best equipment required to reach your personal fitness goals

Hand Weights Orientation, Member: FREE

Do you want to use free weights but don't know where to start? Work with our fitness staff to learn how to use free weights safely and appropriately to best meet your fitness goals. The free weight orientation lasts approximately 30 minutes and is scheduled by appointment.

Fitness Assessment, Members: FREE

A fitness assessment presents an opportunity to gather information on your current fitness level in order to set appropriate training goals and measure your improvement in the future. An FMS assessment lasts approximately 30 minutes and measures your movement patterns, resting heart rate & blood pressure, height & weight, circumference measurements (upon request), body composition, flexibility balance & strength. This allows our trainers to develop programs designed to correct any deficiencies which may exist

One on One Personal Training or Group Personal Training:

Following the complementary fitness assessment, a personal trainer can create and guide you through an exercise program to meet your needs and goal. Fees for this service can be found on the intranet site or at the front desk. Ask a staff member for details.

For any questions regarding access or services, please contact one of our staff members at 860.972.3077 or via email at fitnesscenter.fitnesscenter@hhchealth.org.

We look forward to seeing you in the Barney Fitness Center!

Thank you,

Nicolas Niro