

Fall 2025

HEALTH CENTER NEWS

Building healthy bodies and souls one person at a time.



Christ Memorial Health Center
Fitness Center and R.E.H.A.B *

*Orientation required for use of fitness center

Fitness Center Hours:

Mon – Sat: 8am – 11am

Mon – Thurs: 3pm – 6pm

Monday & Thursday: 6pm-9pm
(FC closed from 11am-3pm for RE-HAB)

We offer a free, safe, comfortable atmosphere in which to exercise. Call 314-631-0304 for upcoming orientation dates.

We also offer a **FREE** rehabilitation program; **Rehabilitation, Education, Health, And Blessings—R.E.H.A.B.**

HOW TO DONATE TO CM HEALTH CENTER

If you would like to make a donation, please send a check payable to: **“Christ Memorial Lutheran Church”** with “Health Center” in the memo line, and mail to:

Christ Memorial Lutheran Church
5252 S. Lindbergh Blvd.
St. Louis, MO 63126

ATTN: Health & Fitness Center

You can also leave a donation in the wooden box under the TV in the gym. By donating to CMHC, your contribution helps support this ministry. support these programs:

- **FREE** Fitness Center
- **FREE** R.E.H.A.B. Program

We are proud partners of these fitness benefit programs. If you participate in any of these, please let us know.



One Pass™

Renew Active
by UnitedHealthcare

SNOW DAYS /HOLIDAYS

If Lindbergh High School is closed, the Fitness Center is closed and classes are cancelled.

If you have Facebook, you can go to Christ Memorial Health Center and information should be posted there.

HOLIDAYS: We are off New Year’s Day, Memorial Day, Independence Day, Labor Day, Thanksgiving and Christmas. Signs will be posted on the front doors of the outside Fitness Doors if other days are cancelled.

What's Happening at Christ Memorial?

October:

Unified Service has come and gone with approximately 600 attendees and 75 pizzas served.

SSM drive thru vax clinic 10/11, 10/18, 10/25 - 8:00am—2:00pm

Men's Club BBQ 10/18 - 11:00am - 6:00pm

November:

Monarch Jewelry 11/20 - 4:00pm - 8:30pm

Greenpark School Trivia night 11/21 - 6:00 - 10:00pm

Thanksgiving 11/27

December:

CMP - The Way to Bethlehem 12/5 7:30pm & 12/6 9:00am

Women's Guild Cookie Walk & Christmas Boutique 12/13 - 8:00am - 12:00pm

Christmas Eve 12/24

Christmas Day 12/25

New Years Eve 12/31

*** Thanksgiving, Advent and Christmas times to be determined*

Christ Memorial Lutheran Church
Loved in Christ—Sent into the World



5252 South Lindbergh Campus STL MO 63126 * 314-631-0304

Traditional Worship

Saturday 5 PM
Sunday 8:30 AM

Contemporary Worship

Sunday 10:45 AM

Bible Classes/Connections

7:30 AM; 9:45AM

Reliant Church (Crave Coffee House) 3500 Caroline Street STL MO 63104

Worship

*10:30 AM

***LIVESTREAM INFORMATION**

The 8:30am service at Christ Memorial and the 10:30am Reliant service can be viewed live, and is available once it concludes. You can find it on the [Loved and Sent](#) YouTube channel.