

Fitness

Upcoming Events

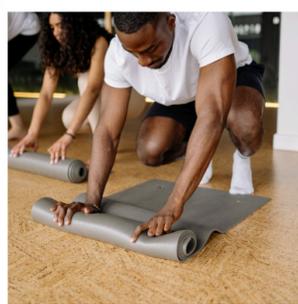
Fitness

Lunch & Learn with Lawson Harris

April 16 | 12–1 PM

Topic: Scheduling your fitness routine to maximize time, efficiency and results!

Location: 399 Park Ave.
Multipurpose Room, Sub Level -2



Specialty Fitness Class: Foam Roller Workshop

April 27 | 5:30–6:15 PM

Location: 399 Park Ave.
Multipurpose Room, Sub Level -2



Fitness as a Preventive Strategy

Exercise is not merely aesthetic. It is a physiologic investment in strength, metabolic efficiency and long-term performance. Research published by the American College of Sports Medicine supports regular physical activity as a key factor in reducing chronic disease risk and improving functional longevity.

At [Millennium Wellness Center](#), our interdisciplinary team collaborates to help you move better, recover faster and train intelligently.

Doctors of Chiropractic

Movement without alignment breeds compensation. Our chiropractic team focuses on:

- Spinal mobility
- Joint mechanics
- Postural recalibration

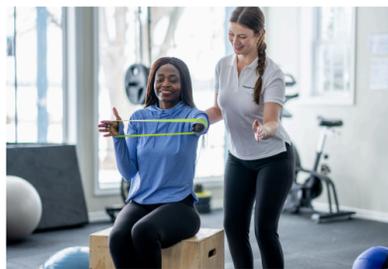


Proper alignment enhances muscular force production and reduces cumulative strain.

Physical Therapists

If discomfort has curtailed your training, our physical therapists provide:

- Movement pattern assessment
- Corrective exercise protocols
- Progressive return-to-activity programming



Rehabilitation is a recalibration of your musculoskeletal system—purposeful, progressive and performance-driven.

Exercise Physiologists

Precision programming accelerates results. Our exercise physiologists design:

- Strength and conditioning plans
- Cardiovascular training strategies
- Step-by-step guides for preventing injury

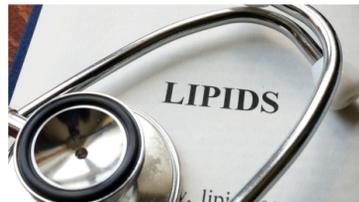


Whether your goal is fat reduction, hypertrophy or durability, your program should reflect intentional design, not improvisation.

Nurse Practitioners

Our nurse practitioners help you optimize foundational metrics that influence performance, including:

- Blood draws and lab evaluation when appropriate
- Blood pressure trends
- Lipid profiles
- Weight management strategy
- Stress management and guidance for healthy sleep habits to support muscle recovery



According to the American Heart Association, small improvements in these markers are associated with substantial gains in energy and physical stamina.

Fitness is not a seasonal pursuit. It is a strategic advantage.

[Millennium Wellness Center](#) supports your pursuit of strength, stamina and sustainable performance all year.

Schedule an appointment through the app or visit us onsite to begin.

A Word from Our [HSS](#) Affiliate

Fitness for You

Committed to getting fit, but don't know where to begin?

Learn how you can find the right fitness that *fits* you and your lifestyle.

Click [here](#) to learn more.



Rehab Corner

Fitness Classes Designed to Support Heart Health

To support your fitness goals this April, join our refreshed lineup of fitness classes designed to build strength, boost endurance and help you train with intention all month long.

5:30–6:15 PM | Multipurpose Room, Sub Level -2

Click [here](#) to enroll in fitness classes today!

FITNESS CLASS SCHEDULE

🕒 5:30–6:15 PM

MON	Vinyasa Yoga & Guided Meditation
TUE	Sculpt & Strengthen
WED	Pilates
THU	Cardio Strength

Sign up online at www.mlpwellness.com/schedule

399 Park Ave., Sub Level -2, New York, New York
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