



Street Address: 1500 32nd Avenue North, Birmingham, AL 35207
Mailing Address: Post Office Box 2727, Birmingham, AL 35202-2727
Phone: (205) 307-2745 Fax: (205) 325-4701
Email: wcenter@american-usa.com

Hours: Monday - Thursday 6:00am- 5:00pm
Friday 6:00 am - 4:30 pm
Days and times subject to change

Directions:

- Traveling north on I-65, take the 32nd Avenue North EXIT 263. Left onto 32nd Avenue N for three blocks. Left on 16th street N. Take the next right onto 31st Avenue North.
- Traveling south on I-65, take the 33rd Avenue EXIT 263. Right on 33rd Avenue North for three blocks. Left on 16th Street North for two blocks. Take the next right onto 31st Avenue North.
- The Eagan Center for Wellness is located in the ACIPCO "Y" building

Dedication & Purpose:

- The Eagan Center for Wellness is dedicated to the employees of American Cast Iron Pipe Company in honor of John J. Eagan, company founder, philanthropist, and visionary Christian business leader. It is in the spirit of enabling the individual to become a productive employee, healthy person and lead a balanced life that the center was established.

Wellness Center Amenities:

- Convenient onsite workout facility, free of charge to employees and dependents
- Friendly, experienced health professionals with advanced degrees and certifications in nutrition, exercise physiology, personal training health promotion, diabetes education, and CPR.
- Cardiovascular and strength training equipment
- Body weight scales

Cardiovascular Equipment:

- Cardio equipment is equipped with Heart Rate Sensors.
- Precor treadmills
- Precor recumbent bikes
- Precor step climber
- Precor elliptical cross trainers
- Concept indoor rowing machines
- Schwinn Windjammer upper body ergometer

Strength Training Equipment:

- Twelve-piece circuit of Paramount strength training machines
- Variety of free weights to choose up to 50lbs
- Adjustable bench

Aerobics Studio:

- Available for daily classes to include bench aerobics, kickboxing, back and abdominal exercise, yoga, and much more.
- Available for personal use between classes
- Includes mats, balls and other equipment for fitness purposes

Locker Rooms:

- Daily locker room use and locker rental
- Showers
- Hair dryers

Wellness Programs & Services:

- Nutrition & weight loss programs and counseling
- Exercise Training and Workout Development
- Fitness testing and screenings to include blood pressure, body composition, flexibility, muscular strength, muscular endurance, and aerobic endurance measures.
- Educational seminars on health-related topics for departmental and safety meetings
- Diabetes and cardiovascular health management programs
- Chronic disease prevention campaigns
- Self Care and general health information
- Physical Rehab Work Simulation and Conditioning as coordinated with Rehabilitation services
- Tobacco Control programs and counseling
- Back injury prevention & management programs.
- Wellness Screening & Incentive Programs
- Physical activity incentive programs
- Monthly Wellness Days