



Wellness Center Assessment

After obtaining a membership with the Wellness Center, you have the option to participate in a free fitness assessment. This assessment will include a physical aspect consisting of strength, endurance and flexibility. You will also have the option to discuss other areas of wellness with the Wellness Coordinator such as stressors, relaxation techniques and goals.

This initial assessment is free and optional. There is an assessment available for member ages 18-65, and a senior assessment for members ages 65 and older. Members can participate in an assessment one time annually. Please set up an appointment at the Wellness Center desk.

Wellness Center Equipment Basics Class

This is a class that will give you an orientation to all the equipment and demonstrate proper uses. There will be demonstrations on how to operate and adjust the equipment for a personalized fit, as well as how to use the equipment with proper form.

This class is free and optional. Please see the Wellness Center desk to schedule an appointment.

