

Health & Well-Being Page

Youth

Fit & Fun

An 8-week supervised program focusing on showing preteens that being healthy and active can be fun!

Yoga Warriors

A Yoga class designed with kids in mind!

Youth Wellness

Youth Wellness will be an 8-week course designed to educate, engage, and motivate 12 year olds to be physically active. Once the course is complete, the 12 year old will be able to utilize* the wellness center with their parent.

**both parent and child will need to be facility/facility plus members to utilize the wellness center.*

ZUMBATOMIC®

Zumbatomic classes are rockin', high-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love.

Teen

Coach Approach

A Personal Certified Fitness Coach will meet with you at minimum four times during a 12-week period to help design a program that meets your goals. FREE with your Facility or Facility Plus membership.

Indoor Golf Class

An eight week one hour program consisting of swing drills, strengthening and conditioning exercises that target the golf specific muscles. Chipping and putting clinics, golf etiquette, golf rules and a video swing analysis.

Instructor: LPGA Golf Professional: Carly Brooks

Personal Training

Let our Nationally Certified Personal Trainers design and monitor a program to reach your specific goals (athletic, performance, post-rehab). During each session, you will have your personal trainer's full undivided attention on your workout.

ZUMBA

Now Teens can enjoy their own Latin-inspired dance party workout!

Adult

Coach Approach

A Personal Certified Fitness Coach will meet with you at minimum four times during a 12-week period to help design a program that meets your goals. FREE with your Facility or Facility Plus membership.

Delay the Disease

An exercise program designed for all levels of Parkinson's disease to help improve conditions such as stability, flexibility, and management of tremors. Emphasis is also placed on activities of daily living.

Flex Package – Personal Training and Nutrition

Individual success in wellness can come from both regular exercise and eating healthy. The Flex Package is a 10-session package where you can choose between personal training sessions and nutrition consultations based on your needs.

Heart of Yoga

A deep relaxation class designed for Post-cardiac patients, Cancer survivors and individuals with High Blood Pressure. Benefits include increasing knowledge of your body, reducing stress level, increasing circulatory and respiratory efficiency, and increasing muscular strength.

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Ping Pong Club

Ping Pong can improve your hand-eye coordination and cardio fitness. Our new club brings together members with a common interest to have fun, socialize, and be physically active!

Resting Metabolic Rate Testing

Discover how your metabolism can work for you rather than against you. Knowing the amount of calories your body utilizes will take the guesswork out of losing weight.

Small Group Training

Personal Training with friends at a more affordable cost! We encourage this type of training for groups of friends, sports teams, and co-workers as it is fun, challenging and helps focus on team building. Single session or six-session packages available.

Speed and Agility Training for the Weekend Athlete

In this small group, an expert trainer will focus on safely developing sport-related speed and agility as well as flexibility and vertical jump. Designed for participants who want to gain an edge in athletic competition or those looking for a new and interesting fitness challenge. Limited number of spaces available.

Strength & Stretch

Strengthen your body and relax your mind with our new Strength & Stretch class designed specifically for women. A Wellness Coach will train a small group of women on strength and stretching exercises for a variety of muscle groups.

Weight Management Support Group

A support group designed to help you set long and short-term goals, provide weekly support, and provide education on various topics that will help you reach your goals.