

# Wellness Centers - General Information

## Information for All Wellness Centers

- No one under the age of 18 is allowed in the free weight areas!
- Anyone between the ages of 13 - 17 must have a parent complete the registration form and have the child complete an orientation. Juveniles must sign in at the front desk and ask for a wrist band each time they come to the facility. A receptionist will confirm registration on the computer.
- There are Wellness Center Supervisors available to answer any questions and show you how to operate the wellness equipment. Please see schedule for each location.
- **BROKEN WRISTBANDS MUST BE RETURNED TO THE FRONT DESK IN ORDER TO RECEIVE A NEW ONE. THERE ARE NO EXCEPTIONS TO THIS RULE.**

### **Franklin** *Newly Renovated Facility!*

Supervisor Hours:  
M - F, 5:00am to 9:00am  
M - F, 4:00pm to 9:00pm  
Sat, 8:00am to 6:00pm  
Sun, 1:00pm to 6:00pm

**4,200 sq. ft. of cardiovascular, strength-training & free weight equipment**

- 12 Pcs. Paramount Strength Training Equipment
- 14 Treadmills
- 4 Upright Bikes
- 6 Recumbent Bikes
- 3 Recumbent Elliptical
- 7 Total Body Ellipticals
- 4 Lower Body Ellipticals
- 1 Stair Climbers
- 3 Arc Trainers
- 3 Motion Trainers
- 1 upper body Fluid Rower
- 1 Lower body Fluid Rower
- Stretch area with Thera Crunch & Stretch Trainers
- 6 Station Multi Gym

*Free Weight Area with Dumbbells, Kettlebells, Fixed Barbells, Benches, Smith Machine, Cable Crossover, Olympic Leg Press, 2 Plate Loaded Rock-It Abs*

### **Longview**

Supervisor Hours:  
M - F, 5:00am to 9:00pm  
Sat, 8:00am to 6:00pm  
Sun, 1:00pm to 6:00pm

**5,800 sq. ft. of cardiovascular, strength-training & free weight equipment**

- 14 Pcs. Paramount Strength Training Equipment
- 13 Treadmills
- 6 Elliptical Trainers
- 2 Stair Climbers
- 2 Arc Trainers
- 11 Motion Trainers
- 3 Recumbent Bikes
- 2 Stretch Trainers
- 2 Recumbent Elliptical Bikes
- 4 Upright Bikes
- 1 Ab Crunch Machine
- 2 Fluid Machines

*Free Weight Area with Plate Loaded Equipment  
Olympic Free Weight Pieces*

### **Indoor Sports Complex**

Supervisor Hours:  
M-F, 5:00am to 10:30am  
& 4:00pm to 9:00pm  
Sat, 7:00am to 6:00pm  
Sun, 1:00pm to 6:00pm

**3,780 sq. ft. of state-of-the-art cardio theatre and fitness equipment**  
32 pcs. of Paramount Circuit Strength Training Equipment

- 14 Treadmills
- 2 Arc Trainers
- 2 Stationary Bikes
- 2 Recumbent Bikes
- 9 Elliptical Trainers
- 2 Motion Trainers
- 2 Stair Climbers
- 1 Quantum Sit Up Machine
- 2 Fluid Machines

*Free Weight Area with Plate Loaded Equipment  
Olympic Free Weight Benches*

### **Fairview**

Supervisor Hours:  
M/W/F, 5:00am to 10:30am  
Tu/Th, 8:00am to 11:00am  
M - Th, 5:00pm to 9:00pm

**3,225 sq. ft. of cardiovascular, strength-training & free weight equipment**

18 pcs. of Paramount Circuit Strength Training Equipment

- 8 Treadmills
- 5 Elliptical Trainers
- 1 Upright Bike
- 3 Recumbent Bikes
- 1 Recumbent Elliptical
- 1 Stair Climber
- 2 Fluid Machines
- 1 Rex 7000
- 1 Roc Ab
- 1 Arc Trainer

3 Thera Crunch and Stretch Trainers  
*Free Weight Area with Plate Loaded Equipment  
Olympic Free Weight Benches*

### **Hillsboro - Leiper's Fork**

Supervisor Hours:  
During all hours of operation

**Cardiovascular and strength-training equipment**

- 10 Strength Training Stations
- 3 Treadmills
- 3 Cross Trainers
- 3 Upright Bikes
- 2 Stair Steppers
- 1 Arc Trainer

*No Free Weight Area*

