

# Health & Wellness

## 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 a parent must complete the registration form and have the child complete an orientation. Juveniles must sign in and ask for a wrist band each time they come to the facility. Front desk 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 Wellness Center

3,100 square feet of cardiovascular, strength-training and free weight equipment

14 pieces of Paramount Circuit Strength Training Equipment

- 12 Treadmills
- 2 Upright Bikes
- 3 Recumbent Bikes
- 3 Arc Trainers
- 4 Elliptical Trainers
- 2 Motion Trainers – NEW Product!
- 2 Stair Climbers
- Thera Crunch and Stretch Trainers

Free Weight Area With Plate Loaded Equipment  
Olympic Free Weight Pieces

#### Wellness Supervisor Hours:

Monday – Friday  
5:00am to 9:00pm  
Saturday 8:00am to 6:00pm  
Sunday 1:00pm to 6:00pm

### Longview Wellness Center

5,800 square feet of cardiovascular, strength-training and free weight equipment

14 Pieces of Paramount Equipment Strength Training Equipment

- 12 Treadmills
- 6 Elliptical Trainers
- 2 ARC Trainers
- 2 Stair Climbers
- 11 Motion Trainers- New Product
- 4 Recumbent Bikes
- 4 Upright Bikes with Competition Screens
- 2 Recumbent Elliptical Bikes- New Product
- 2 Stretch Trainers
- 1 Ab Crunch Machine

Free Weight Area with Plate Loaded Equipment  
Olympic Free Weight Pieces

#### Wellness Supervisor Hours:

Monday – Friday  
5:00am to 9:00pm  
Saturday 8:00am to 6:00pm  
Sunday 1:00pm to 6:00pm

### Indoor Sports Complex Wellness Center

The ISC Wellness Center has the latest in state-of-the-art cardio theater and fitness equipment

32 pieces of Paramount Circuit Strength Training Equipment

- 14 Treadmills
- 2 Arc Trainers
- 2 Stationary Bikes
- 2 Recumbent Bikes
- 9 Elliptical Trainers
- 2 Motion Trainers – NEW Product!
- 1 Stair Climber
- 1 Quantum Sit up Machine
- 2 Fluid Machines

Free Weight Area With Plate Loaded Equipment  
Olympic Free Weight Benches

#### Wellness Supervisor Hours

Monday – Friday 5:00am to 11:00am  
& 4:00pm to 9:00pm  
Saturday 7:00am to 6:00pm  
Sunday 1:00pm to 6:00pm

### Fairview Wellness Center

3,225 square feet of cardiovascular, strength-training and free weight equipment

16 pieces of Paramount Circuit Strength Training Equipment

- 8 Treadmills
- 5 Elliptical Trainers
- 1 Upright Bike
- 3 Recumbent Bikes
- 1 Stair Climber
- Thera Crunch and Stretch Trainers

Free Weight Area With Plate Loaded Equipment  
Olympic Free Weight Benches

#### Wellness Supervisor Hours:

Monday – Thursday  
5:00 pm to 9:00 pm

### Hillsboro-Leiper's Fork Wellness Center

Cardiovascular and strength training equipment

- 4 Treadmills
- 3 Cross Trainers
- 2 Upright Bikes
- 2 Stair Steppers
- Over 10 Strength Training Stations
- No Free Weight Area

#### Wellness Supervisor Hours

During all hours of operation

