



Fitness and Aquatics Center

OUR MISSION

No matter what your level fitness, you can set and meet your goals in our friendly, non-intimidating Fitness Center. There are many opportunities for everyone, regardless of your fitness level, whether you are 16 or 96. Our Group Exercise Classes are also geared for all fitness levels and abilities. Come discover and attain your hidden fitness potential in a professional, relaxed, and non-pressured environment. We have nationally certified personal trainers to help you meet your individual fitness goals.

Our Fitness Center is always staffed with friendly and knowledgeable attendants to help you with the equipment. We don't offer fitness fads or crazy gizmos. What we do offer is state of the art cardio vascular equipment, PreCor's premier line strength machines, free weights, and a Stretch Cage with a designated stretch area. Plus, all our members have access to our six lane, heated, indoor pool. Be sure to check our calendar for scheduled Specialty Group Exercise Classes, Health & Wellness Lecture Series, and Workshops.