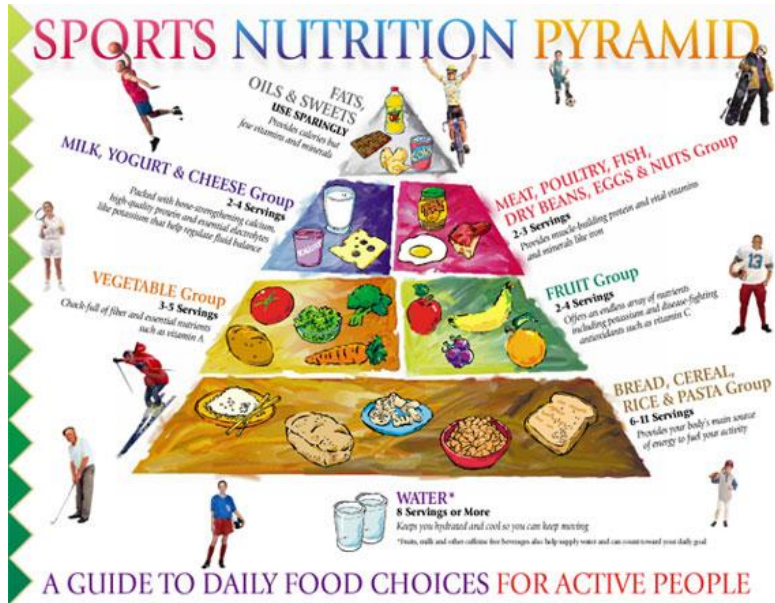


## Wellness Center

### I. Nutritional Counseling



### Services

1. Weight Management
2. Diet planning
3. Goal Setting
4. Full service nutritional café

### Equipment

1. Nutritional assessment software
2. body fat calibrators
3. Scales

\*Having registered dieticians on staff will provide clients with the best nutritional advice possible

## II. Fitness assessments



### Services

1. Sub maximal cardiovascular test
2. Weight measurements
3. Resting and exercise blood pressure
4. Flexibility test
5. Strength Test (bench press, squat)

### Equipment

1. Body fat calipers/bioelectrical impedance machines
2. Recumbent bikes
3. Cycle ergometer
4. Sit and reach box
5. Blood Pressure cuffs/ measurement machine
6. Polar Heart rate monitors W/ software
7. Plate-loaded Olympic bench
8. Weight plates from 2.5 lbs-45lbs
9. Squat Rack

\*Exercise physiologists or professionals that are knowledgeable in administering fitness tests are needed to provide clients with accurate results

### III. Fitness Classes



#### Services

1. 30 minute abs
2. Total body conditioning
3. Cardio Kickboxing
4. Step aerobics
5. Yoga
6. Pilates
7. Spinning
8. Aqua fitness

#### Equipment

1. Kickboxing equipment
2. Yoga mats
3. Steps
4. Spin bikes
5. Water weights
6. Jump ropes
7. Dumbbells
8. Medicine balls
9. Stability balls

\*Personal trainers or group fitness instructors

#### IV. Youth Sports performance



##### Services:

1. State-of-the-art movement video analysis
2. Basketball and volleyball courts
3. Specialized youth weight-lifting area
4. Indoor track with electronic speed trap timing system
5. Parent viewing area
6. Indoor soccer/lacrosse arena
7. Indoor tennis and squash courts
8. Swimming pools
9. Full service nutritional café

##### Equipment:

1. LCD TV's
2. Video equipment
3. Weights
4. Strength training equipment
  - a. Cybex Machines
  - b. Strive Machines
5. Basketball courts
6. Track
7. Open field w/ field markings
8. Pool
9. Café
  - a. Tropical Smoothie Café

\*Strength and conditioning specialists or personal trainers

## V. Spa



### Services

1. Sauna
2. Steam room
3. Jacuzzi's
4. Massage Therapy
5. Acupuncture
6. Water treatments
7. Sugar Scrub

### Equipment

1. Licensed Acupuncturists
2. Steam Room
3. Jacuzzi's
4. Massage Therapists
5. Sugar
6. Hydro Therapy Equipment

\*Massage therapists, acupuncturists, and physical therapists

