

The Lily Wellness Center

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Amenities

Indoor/Outdoor track

Indoor/Outdoor Swimming Pool

Aquatics include: 2 Indoor, Heated pools, 3 Hot tubs, Lap swimming

Indoor/Outdoor Tennis Courts

Rock Climbing Wall

Cardio

- Includes treadmills, stationary bike, rower, stepper, elliptical
- All come equipped with personal televisions for viewing pleasure.

Multi-purpose Court

- Courts include basketball, volleyball, hockey, European handball

Ice Skating Rink

- Available for ice hockey, figure skating or fun!

Strength Training

- 20 Life Fitness stations, Free weights, Machines

Various Fitness classes

- Kickboxing
- Yoga
- Tai Chi
- Pilates
- Spin
- Ab Attack
- Aqua Toning
- Strength and balance
- Belly Dancing
- Zumba
- Various dance classes
- Aqua aerobics
- Boot camp and much more!

Features

- Smoothie bar
- Spa: includes full service nail salon, massages, facials, acupuncture and botox!
- Sauna
- Men and Women's locker rooms
- Aromatherapy
- Health food Services
- Boutique

Staff includes:

Personal trainers
Nutritionist
Massage therapist
Physical Therapist

Services:

- Physical examinations, whether they are routine, for sports or pre-employment
- Women's health care
- Stress management
- Treatment for minor illnesses and injuries
- Immunizations
- Nutrition and weight management
- Individual, family and group counseling
- Crisis intervention and suicide prevention
- Tobacco cessation counseling
- Drug and alcohol abuse counseling and referral
- Outreach to at-risk youth
- Health and nutrition education
- Follow-up as requested by your family health care provider

Available to students, parents and community members with valid i.d.