

# WELLNESS CENTER

## **Memberships:**

Students: memberships are free to current students

Faculty, Staff, Spouses and Dependents (over 16): \$25 per year

The LSC Wellness Center serves the fitness needs of all students, faculty and staff on campus. It includes these specific workout areas:

## **Exercise/Fitness Suite (Room E1104).**

This workout room includes a 1300 square foot area equipped with both aerobic exercise equipment and weight training machines. Treadmills, Stairmaster, elliptical and exercise bikes complement a full circuit of OEI/Cybex resistance machines. The floor of this area is constructed of rubber-reinforced hardwood that provides an extra dimension of cushioned comfort.

**Free Weight Room (Room S1991)** A free weight area is available for member use during posted times.

## **Multi-purpose Room (Room E1114).**

This facility serves many different groups and functions. It is a carpeted, mirrored room with a wall-mounted projection screen and TV/VCR unit that allows lecture-type presentations or easily converts to a matted floor facility which lends itself to physical education activities, combative or day care supervision duties.