



Williams Wellness Center Amenities

Gym Area:

Full Court Gym

Full Basketball Court-1 main court, 2 side courts
6 basketball Hoops (4 adjustable in height), basketball and rack
Two Volleyball Courts-2 nets, Ref stands, and balls
Pickelball Court, 2 nets, paddles and balls
Misc equipment to play other activities-Football, Soccer,
Dodgeball and more



Indoor Track
3 lanes



Batting Cage
Baseball
Softball
Golf



Racquetball Court
Racquets & Racquetballs
Wallyball Net & Ball

Fitness Classes:

Unlimited Fitness Classes-Currently holding 14 Classes per week in person & 5 online classes

Boot Camp
SilverSneakers
SLAM
Tabata
Piloxing Barr (online)
Yoga (online)
Pop Pilates (online)



Fitness Class Room: Bosu balls, kettle bells, TRX, dumbbells, resistance tubes and bands, Swiss balls, Mirrors along walls, ballet bar, stereo, music, steps and risers, jump ropes, sliding discs, ladders, battle rope, fitness mats, yoga mats, chairs for senior classes and misc.

Cardio Room:

5 Treadmills
3 NuSteps
3 Recumbant Bikes
2 Ellipticals
1-Upright Bike
1-AMT
1-Rowing Machine
TV's in each room with cardio theater



Machine Weight Area:

16 machine weights
Dumb Bells: 1lb-70 lb
Large Stretching Mat
Medicine Balls
Stereo and Music
Decline Bench

**Free Weight Room:**

10 Squat Racks
Free Weights- Dumbbells, Kettle bells, Plates, Bumper Plates
Barbells
Benches
Cable Crossover Machine
8 Weight Machines
Mirrors
Slam Balls

**24-hour access:**

Available to purchase for members wanting 24 hour access in addition to staffed hours

Surveillance System

Cameras throughout facility

Personal Training:

1 on 1 sessions with a certified personal trainer

Fitness Measurements:

Weight, body fat percentage, body measurements

Med Fit:

Once someone graduates from Therapy weather cardio, pulmonary, or physical, we work with them at the WWC to get them acclimated to our facility so they can continue to work on their exercises on their own eventually.

After School Program:

Monday, Tuesday, and Thursday after school until 5pm for Kids in Kindergarten-6th grade. Kids play many games in the gym, receive a snack and drink if purchased, work on arts and crafts, read or work on homework. When it is warmer outside they go to the playground near Little Husky.

**Incentive Programs:**

Different Fitness programs/competitions held throughout the year.