

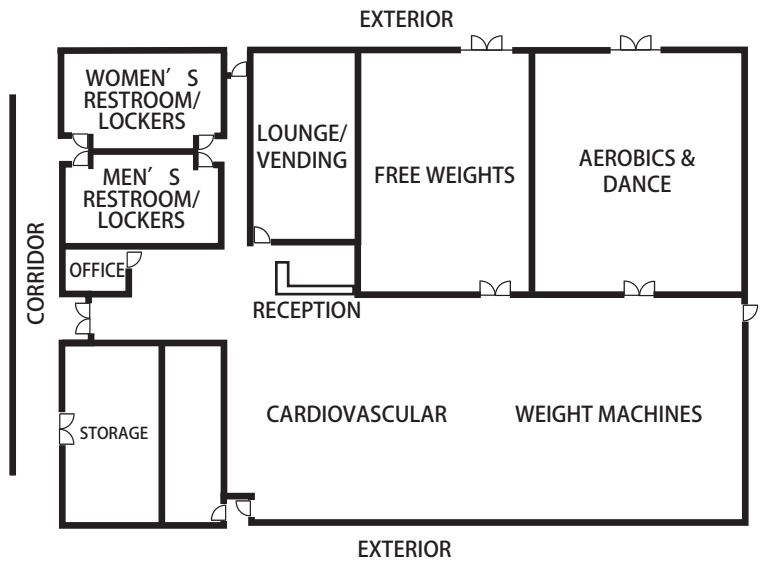
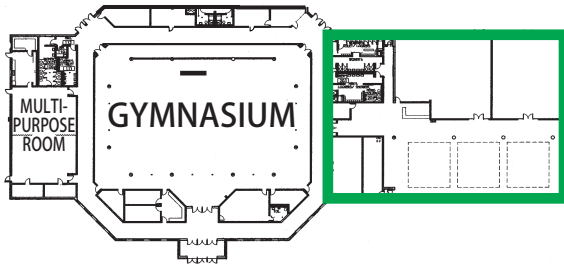


CITY OF DILLON ■ WELLNESS CENTER

Physical Location: 1647 Commerce Drive Phone: 843 774-5115 Fax: 843 774-9335
 Website: www.cityofdillon.sc.gov Mailing Address: PO Drawer 431, Dillon, SC 29536

FITNESS CENTER

LOCATION IN BUILDING



HOURS

Monday thru Friday 5:30 am - 8:30 pm
 Saturday 8:00 am - 5:00 pm
 Sunday 2:00 pm - 5:00 pm

Closed: Jan 1st, Easter Sunday,
 Thanksgiving Day, Dec. 24th & 25th

AMENITIES

Trained Staff, Dry Sauna, Locker Room/Showers
 Lounge, Wireless Internet, Cable TV

SERVICES AVAILABLE

Zumba Classes, Aerobics Classes,
 Message Therapy



EQUIPMENT

- LifeFitness 93T Treadmills
- LifeFitness 91Xi Cross Trainers
- LifeFitness 90S Stairclimbers
- LifeFitness 90C Lifecycles
- LifeFitness 90R Recumbent Lifecycles
- LifeFitness Cable Motion Series Dual Adj. Pulley
- LifeFitness Cable Motion Series Seated Row
- LifeFitness Pro 2 Chin/Dip Assist
- LifeFitness Pro 2 Seated Leg Press
- LifeFitness Pro 2 Leg Extension
- LifeFitness Pro 2 Horizontal Leg Curl
- LifeFitness Pro 2 Chest Press
- LifeFitness Pro 2 Pectoral Fly/Rear Deltoid
- LifeFitness Pro 2 Seated Row
- LifeFitness Pro 2 Back Extension
- LifeFitness Pro 2 Pulldown
- LifeFitness Pro 2 Shoulder Press
- LifeFitness Pro 2 Biceps Curl
- LifeFitness Pro 2 Triceps Extension
- LifeFitness Core Series Ab Crunch Bench
- LifeFitness Core Series Leg Raise
- LifeFitness Core Series 45 Degree Back Ext.
- LifeSpan Stretch Partner
- NuStep TRS 4000 Recumbent Cross Trainer