

## City Hall Wellness Center

Located in the basement of City Hall

OPEN TO ALL CITY EMPLOYEES

5:30 AM - 9:30 PM (24 hours a day for police officers)

365 DAYS A YEAR

Get your security card today and come join us in this fine facility!

To obtain a security card to access the gym you must have had a physical fitness assessment given to you by any of our current or previous wellness staff members. To see if you have one on record please call Gary Porter ((352) 334-3400 ext. 5362). If you already have had an assessment and one of our trainers has verified that it is on file, you then can go to the Risk Management Dept. in the basement of the Old Library Building and sign for a card. After you sign up, someone from the Security Dept. will call you when your card is ready.



### Equipment & Facilities

The gym has both a men's and women's locker room, each of which is equipped with two shower stalls and multiple lockers. **Even though there are a number of lockers there are not enough for everyone, so please refrain from keeping locks on the lockers when you are not in the gym.** The lockers themselves are quite large and can easily fit a briefcase or gym bag and you can store your work clothes without worry of wrinkling. Both locker rooms have multiple sinks and large mirrors to ensure you are ready to return to work.

### Aerobic Equipment

The Star Trac aerobic equipment features heart rate monitors, maximum comfort designs, and multiple preset programs that will test even the most seasoned athlete's cardiovascular ability. They also have programs specifically designed for beginners.

Our aerobic equipment includes:

Two Treadmills  
Two Steppers



Two Recumbent Bikes  
One Stationary Bike



### Selectorized Weight Training Equipment

Our selectorized weight training equipment is from ProMaxima. We currently have 13 pieces of equipment. These pieces can be used for numerous exercises targeting all major muscle groups.

The machines include:

Shoulder Press  
Pec Dec  
Pullover Torso  
Lat Pulldown w/ Erect Row  
Vertical Press  
Erect Row



Tricep Extension  
Bicep Curls  
Back Extension  
Leg Curls  
Leg Extension  
Leg Press



### Free Weights

In addition to our extensive selectorized weight equipment we also feature a small supply of free weights. This supply consists of a multi-position bench and dumbbells ranging from 5-50 lbs. in 5 lb. increments. The multi-position bench can be put in various stages of decline, incline, flat, and shoulder press positions.