

Five Points Wellness Center Branch

Facility and Program Services

FIVE POINTS WELLNESS CENTER – 1000 Galloping Hill Road

Facility

- 5,000 SQUARE FOOT Health & Wellness Center, featuring 30 of the latest cardio machines, 21 strength and 10 circuit training machines, as well as Iron grip free weight equipment
- Kinesis Center which uses four Kinesis modules to help build balance, flexibility and strength
- Multi-Purpose rooms for group exercise programs
- Designated cycle studio
- Locker rooms, showers and other personal care amenities
- Hydromassage

Program Areas

- Over 100 innovative and traditional Adult Wellness programs
- Child Watch babysitting services
- The Green Leaf Grill, serving healthy good options and refreshments
- Ample parking