

The SCC Fitness and Wellness Center is a state-of-the-art facility with over 30,000 square feet, including indoor track, human performance lab, classrooms, two aerobic rooms, over 50 cardiovascular machines, two areas for weight machines, free weight area, and an alternative exercise area. For pictures please visit our [Photo Gallery](#).

## First Floor Equipment and Facilities

### **Performance Lab Testing Room**

#### **Strength Equipment**

- 2 lines of weight/strength conditioning circuit machines for whole body: Cybex and Magnum
- 2 cable crossover training machines
- Variety of Cybex free weight strength training equipment including selected benches, leg sled, seated calf raise, back extension, and two squat stations
- 2 assisted pull-up/dip machines and 1 free standing pull-up/dip station
- Variety of free weight plates from 5lbs-45lbs
- Variety of dumbbell weights from 2lbs-100lbs
- Variety of body bars from 9lbs-24lbs
- Variety of selected free weight straight bars, curl bars, ropes, and pulley attachments
- Numerous step-up benches
- 4 AB-Benches

#### **Alternative Equipment**

- Bosu Balls
- Kettle Bells
- Medicine Balls
- Fitness Balls

#### **51 Cardio Machines**

- Octane Recumbent Ellipticals
- Octane Upright Ellipticals
- Freemotion Striders
- 8 Precor Treadmills
- 2 Woodway Treadmills
- 2 Lifefitness Elliptical Trainers
- 4 Precor Elliptical Trainers
- 6 Arc Trainers
- 4 Nu-Steps
- 4 Rowing Machines
- 4 Precor Recumbent Bicycles
- 1 Schwinn Recumbent Bicycle
- 2 Schwinn Airdyne Bicycles
- 4 Precor Upright Bicycles
- 3 Stairmaster Stepmills
- 2 Stairmaster Free Climbers
- 4 Cross Aerobics Stair Masters

#### **Stretching Equipment**

- Stretching area with very large mat
- 4 Precor Stretching Trainers
- 5 different sizes of foam rollers
- Variety of cushioned exercise mats

- Variety of sizes of stability balls
- Variety of rubber disc trainers
- Numerous BOSU trainers
- 4 Balance Board trainers
- Variety of resistance bands
- Weighted exercise balls
- 2 Pilates Rings

2 classrooms and meeting rooms with a computer and projector, whiteboards, WiFi

2 Fitness Rooms with wood floors, mirrors, and dancer barres for HPERD credit and non-credit courses and Fitness and Wellness Center activity classes

### Second Floor Equipment

- DDR - Dance Revolution Machine
- Indoor Walking/Jogging Track that covers the entire fitness floor with a picturesque view
  - 12 laps to 1 mile for inside 2 walking lanes
  - 11 laps to 1 mile for outside running lane
  - Even days = Clockwise
  - Odd days = Counterclockwise
- 1 station with a variety of equipment (weights, dumbbells, etc) for a more personal/private workout space
- 1 Nautilus Freedom Trainer
- ~30 Summit Spin Cycle Bicycles
- 2 Precor Stretching Trainers
- 1 Stairmaster Cross Aerobic Machine