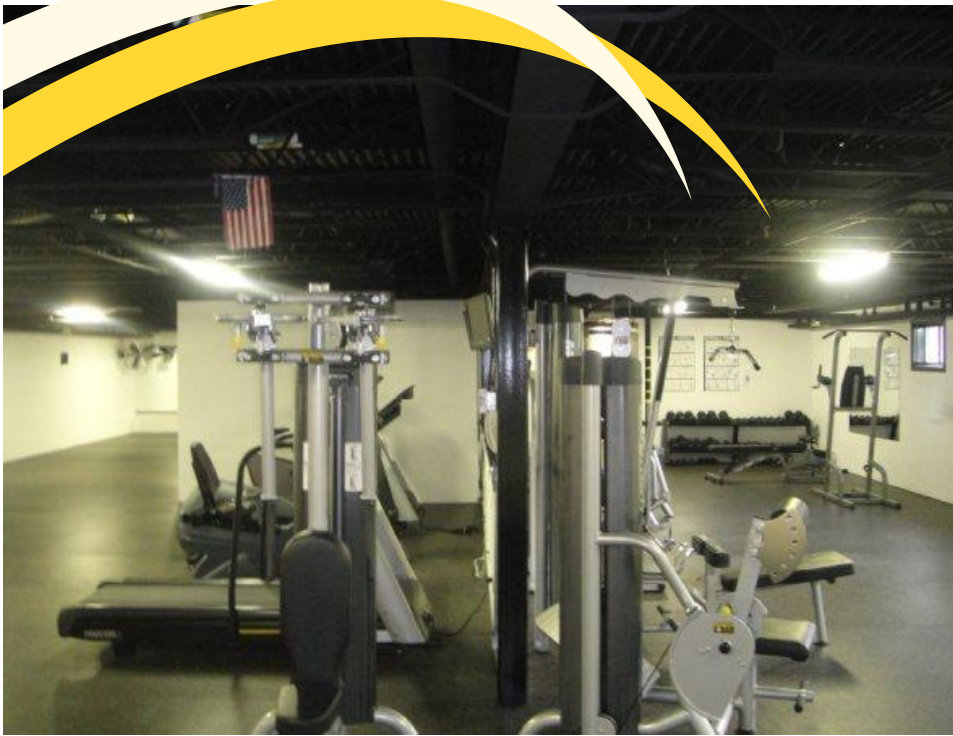


SHERIDAN COUNTY WELLNESS CENTER

*Bringing Fitness Opportunities
to Sheridan County*



EQUIPMENT AVAILABLE

CIRCUIT TRAINING WEIGHT MACHINES

For resistance weight training to all areas of the body.

FREE WEIGHTS

Dumbbells of all sizes, a weight bench, and an ab/pull up machine.

THREE TREADMILLS

Excellent for cardiovascular fitness activities like running and walking.

ELLIPTICAL MACHINE, RECUMBENT BIKE, AND UPRIGHT BIKE

Excellent for low impact cardiovascular fitness.

AEROBICS AREA / ELECTRONICS

Aerobics floor area with wide screen TV, DVD player, and sound system.

Join Sheridan County Wellness Center

~ TODAY ~

And Begin Your Fitness Journey!

Hours: 5:00 a.m.— 10:00 p.m.
Open Year-Round

Yearly Individual and Family Memberships Available!



The Center is located
In the South-East corner of the
Sheridan County Health Complex
In the Lower Level

Board Members:

Dr. David Heskett	675-3143
Shelly Eberle	675-3281
Ronnie Kauk	675-3779
Cindy Schnelle	675-2347
Flo Mense	675-3163