

[Join Online Today!](#)

Your Community Connection to Education & Fitness

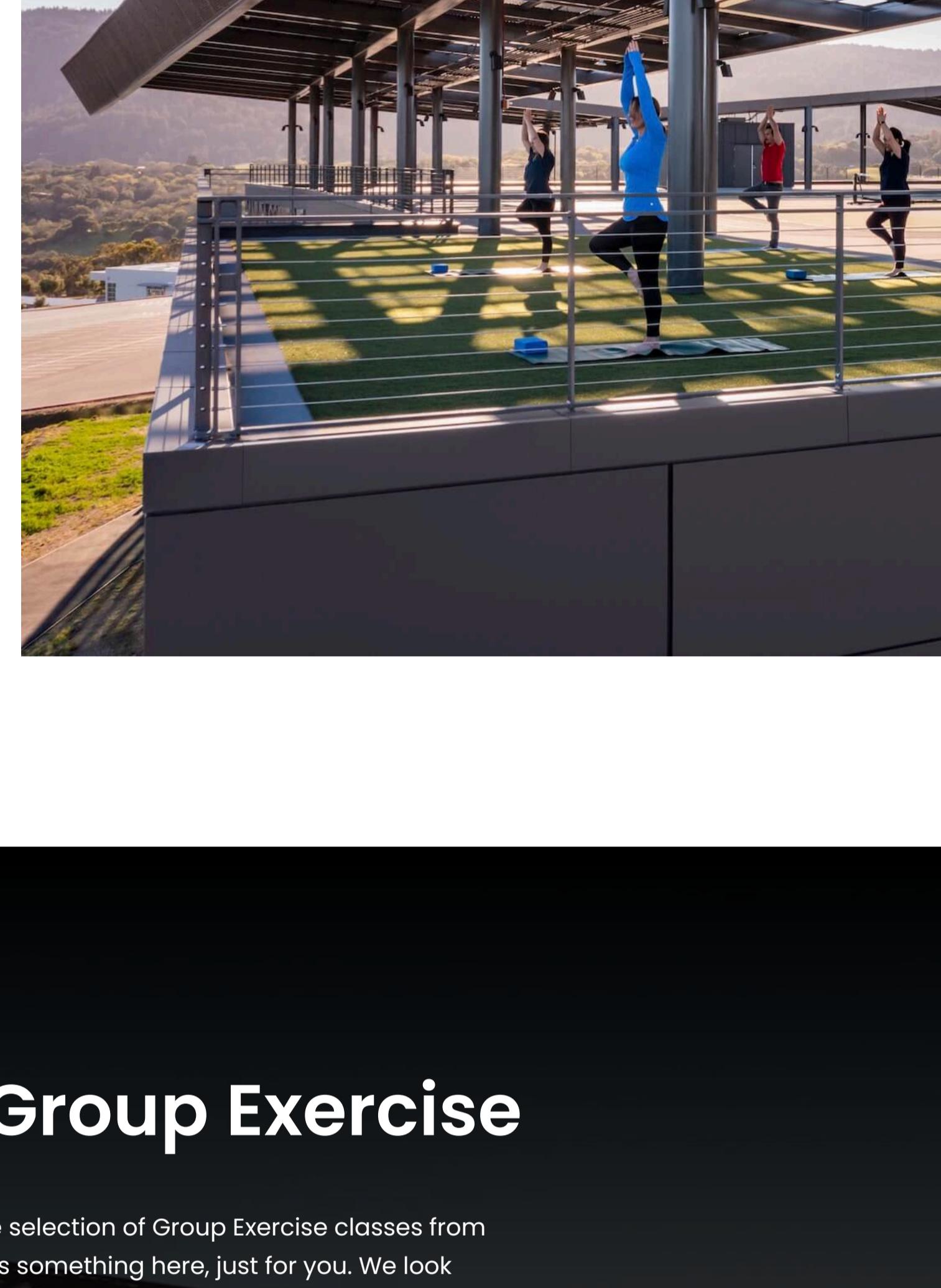
The Athletic Center is your mindful movement connection. Experience the simplistic sophistication of in-person workouts. Your personal fitness journey begins today.

[View Membership Plans](#)

FITNESS

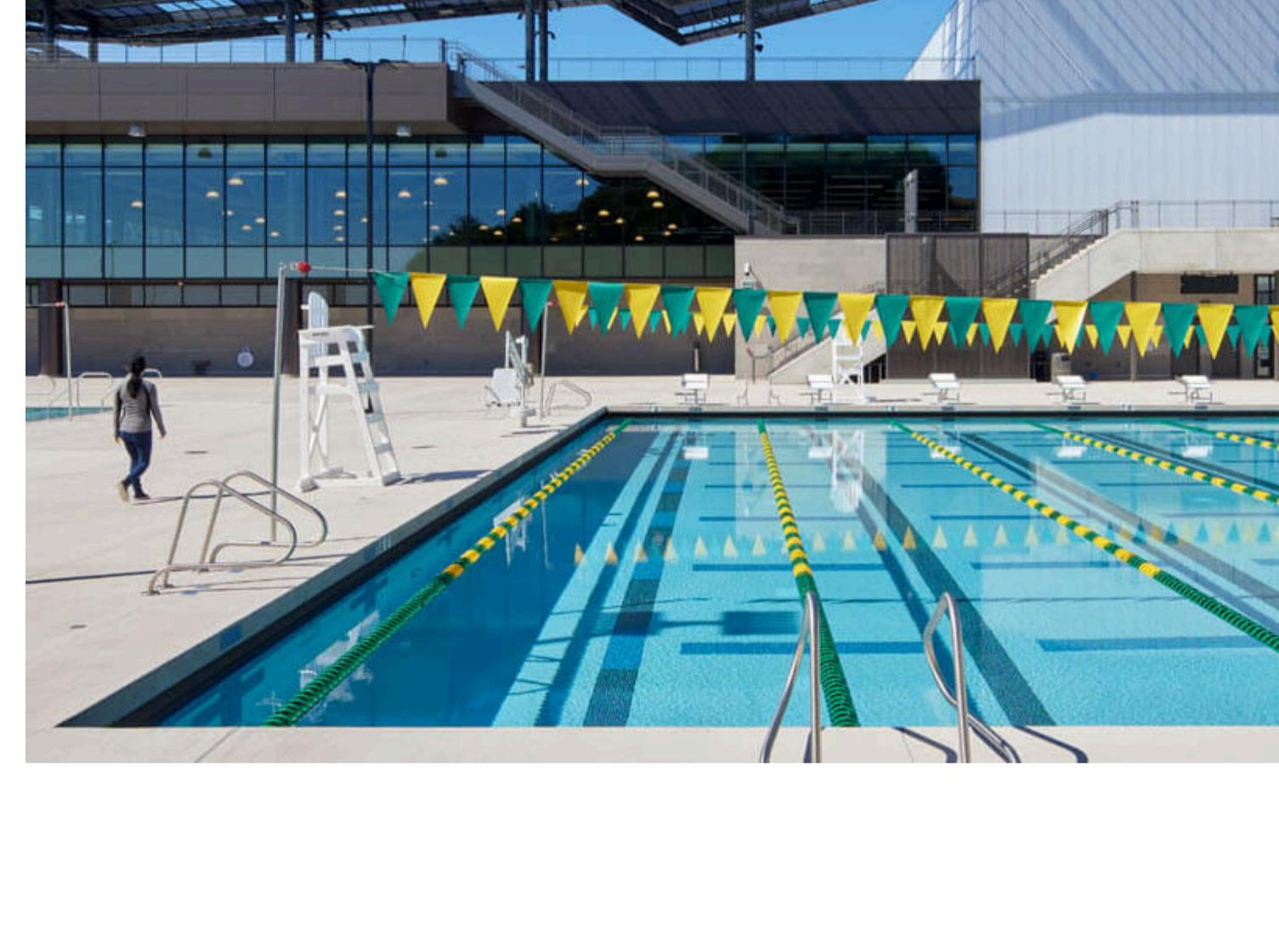
Fit-Centive' Personal Training

Kinesiology guides your science based, integrated personalized training program and each trainer designs a program to meet your specific health, wellness, physical and sports performance goals. Experience the joy of attending a semi-private group training, duo-private training session or treat yourself with one-on-one training sessions aligning your best self through measured, reviewed and intentional physical exercise progressions.

[LEARN MORE •](#)

Experience Group Exercise

Connect in-person from our wide selection of Group Exercise classes from yoga to indoor cycling - there's something here, just for you. We look forward to helping you discover your fitness passion!

[Group Exercise](#)

AQUATICS

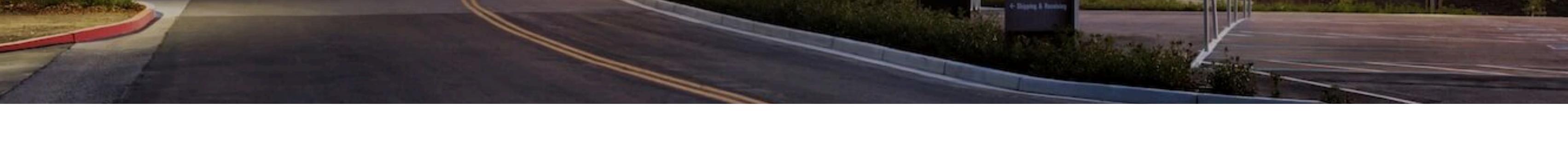
Lap Pool and Instructional Pool

Enjoy an 8-lane 25 Yard Lap Pool heated to 78-80 degrees and a 5-lane Instructional & Aqua-Fit Pool heated to 86-88 degrees. Experience a broad range of open lap swim, water-exercise and specialty programs that cater to people of all ages and abilities. Professional, certified instructors and deck staff are dedicated to providing you the best possible swim experience.

[DIVE IN •](#)

Overview

"Looking up, down and around in will take pause at the stunning, integrated design and equipment supporting an 'upward spiraling' of students, faculty and community members. This unique facility, proudly places focus on the students who make the operations and programming possible."

[Learn More](#)

[Join Online Today!](#)**NEWS**

Info/Updates

We are excited to keep things... exciting! Monthly program special events, class changes, holiday hours, instructor substitutes, parking and location and daily hours of operation can be found here.

[INFORM ME •](#)