



GIMME FIVE!!

WHITMAN ATHLETICS NEWSLETTER

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Gimme Five!! provides five quick updates from Whitman Athletics. Each newsletter will be formatted to provide links to relevant information. It will also be shared via the Whitman Athletics Twitter page and Whitman Facebook page.

Whitman Wellness Center Stronger. Better. Together.

This entire issue is dedicated to the new Whitman Wellness Center.

Tours

1

Tours for community members are scheduled for Tuesday, 1/18 and Wednesday, 1/19. You can sign up by contacting our District Office.

As a component of each tour, you can choose to participate in training to learn about the new Wellness center and all it has to offer. The entire tour or Tours will include seeing all our new and improved facilities from our Capital Project. Each tour will last approximately 45 minutes. If you are unable to attend and want to be trained in the new Wellness Center, please contact my office (Paul Lahue - plahue@mwcsd.org) and we can arrange a time to get together.



2

Membership Paperwork

For those who plan on using the new Whitman Wellness Center, we will be asking you to complete registration paperwork to use the space. This will include your contact information, expectations for using the space and a waiver of liability form. We will ask that you complete these forms prior to using the Wellness Center. These forms can be found on our website at this link - [Wellness Center Forms](#). We will also have paper copies available during the tours. You can also use this link to complete a google form - [Wellness Center Google Registration Form](#).

3

Wellness Center Schedule for Community Use

The typical weekly schedule for the Wellness Center community use will be:

Monday thru Friday - 6:15am - 7:30am

Monday thru Friday - 5:30pm - 8:30pm

Saturday - 8am - 12noon

The official first day the Wellness Center will be open will be Thursday, 1/20. We will have both morning and evening options that day.

Please note -The first Saturday session will be 1/29 opening at 8am.

A schedule link can be found here: [Wellness Center schedule](#).

4



The Whitman Wellness Center will be on Social Media.

Follow 'Whitman Wellness Center' on Facebook

Follow "Whitman Athletics" on Twitter.

5

LAYOUT OF WELLNESS CENTER

This [video link](#) gives you a quick look at the Whitman Wellness Center.

The space is made up of three components which include a Fitness Center, Multi-Purpose room and an Indoor Track.

The Fitness Center will have Cardio machines including

- | | |
|-------------------|--------------------|
| 3 treadmills | 3 stationary bikes |
| 2 arc trainers | 1 elliptical |
| 1 rowing machine. | |

A circuit of selectorized machines include;

- | | |
|-----------------|----------------|
| Leg Press | Leg Extension |
| Leg Curl | Dip/Chinup |
| Chest Press | Shoulder Press |
| Seated Row | Lat Pulldown |
| Cable Crossover | |

Free weights and accessories include:

- | | |
|--------------------|--------------------|
| 3 Squat Racks | Adjustable benches |
| Dumbbells 5lb-90lb | Medicine Balls |
| Kettle bells | Sand Bells |
| 3 TRX | Yoga Mats |
| Stability Balls | |

The Indoor Track as well as the open space in the Multi-Purpose Room will also be available during all community hours.

We are excited to get this space open to our Whitman community.

Stronger. Better. Together.

GO WILDCATS!!!

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