MISSION STATEMENT
The mission of the Palm Beach State College Wellness Center is to promote healthy lifetime practices through guidance and educational programming.

ELIGIBLE USERS
Our facility is available to eligible users at no additional cost. Students currently enrolled in credit classes or PSAV certificate programs may use the Wellness Center. Full-time faculty and staff are also eligible. Adjunct instructors may use the center when actively teaching.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

~ John F. Kennedy

Hours of Operation

FALL-SPRING:
Monday – Thursday
7:00am – 7:00pm
Friday
8:00am – 4:00pm

SUMMER:
Monday – Thursday
8:00am – 7:00pm
Friday
8:00am – 12:00pm

For more information, contact:
Jennifer Evans
Wellness Center Coordinator
Phone: (561) 207-5098
Email: evansjl@palmbeachstate.edu

3160 PGA Boulevard
Palm Beach Gardens, FL 33410-2893
Front Desk: (561) 207-5099

Visit us online at:
http://www.palmbeachstate.edu/wellnesscenter/pbg
Wellness Center Offerings

Wellness Center membership is free for all currently enrolled students, faculty and staff with the completion of an equipment orientation and registration. The facility is located in the Bioscience Complex and includes:

- Locker Rooms, Showers, Lockers
- Equipment Orientation
- Certified Wellness Center Staff
- Total-body Resistance Machines
- Variety of Cardiovascular Equipment
- Track Your Fitness Program

Group Fitness Classes

Stop by the Wellness Center or go online to see the current semester offerings. Classes may include, but are not limited to:

- Boot Camp – High Intensity Interval Training format utilizes short work periods and rest periods to enhance cardiovascular and fat loss benefits. Exercises vary from bodyweight strength, Plyometrics and more!
- Kickboxing - Burn calories with this full-body workout. Build strength and muscle tone with an intense cardio workout, while learning valuable combative techniques.
- Yoga – Enter a non-judgement zone and let go of your Yoga expectations! This class follows a classic Vinyasa format - building strength and flexibility in the entire body while relaxing the mind.

Campus wide Activities

Look out for the Wellness Center campus-wide activities for students, faculty and staff such as:

- Wellness Fair
- Campus Walking and Running Groups
- Blood Pressure Screenings

POLICIES & PROCEDURES

- All students, faculty and staff must complete the registration forms and equipment orientation before utilizing the Wellness Center.
- PantherCard required at each visit.
- Proper workout attire is required.
- Palm Beach State College is not responsible for lost or stolen items. Belongings must be kept in locker rooms; locks are not provided.
- Inappropriate behavior or failure to comply with Wellness center protocols will result in loss of Wellness Center privileges and may be cause for immediate dismissal.
- Headsets must be used when listening to personal music devices.
- Cell phone use is not permitted. Text or take calls outside.
- No physical contact such as fighting and grappling.

A complete list of Wellness Center Policies and Procedures is available upon request.