

# **DAVIS CENTER WELLNESS CENTER WELLPOINT RICHMOND, VA**

The Davis Center Wellness Center offers the following range of equipment and amenities to meet your exercise and personal needs. If you have questions or need assistance with any of the equipment, please contact the Wellness Center staff.

## **Cardio**

- Cybex Treadmills
- Cybex Arc Trainers
- Cybex Recumbent Bikes
- Cybex Upright Bikes
- Precor Ellipticals
- Rowing Machine
- Recumbent Bikes
- Stair stepper
- Upright Bike

## **Resistance Training**

- Dumbbells 5-80 lbs
- Body Bars 9-18 lbs
- Flat and Incline Benches
- Cybex Universal Gym
- Kettle bells 8-35 lbs
- Abdominal Roller

## **Additional Equipment**

- Resistance Bands
- Stability Balls
- Bosu Balance Trainers
- Aerobic Steps
- Agility Ladders
- Yoga/Stretching Mats
- Plyometric Hurdles
- Medicine Balls

## **Amenities**

- Fitness Library & DVD's
- Locker rooms with showers, lockers, hair dryers, etc.
- Towel service
- Exercise prescriptions
- Fitness Assessments
- Group Exercise Classes & Fitness DVD's
- Magazines
- Toiletries