



Wellness Center

Frequently Asked Questions

WHERE IS THE WELLNESS CENTER LOCATED?

In the Cairo-Durham Central School District High School Campus. Please park and enter through the Wellness Center Door on the left of the building.

WHO IS ELIGIBLE?

Cairo-Durham Central School District adult residents, faculty/staff.

WHERE CAN I FIND THE HOURS?

You can find the hours of operation on the District Website.

The Wellness Center is closed on Sundays, Legal Holidays, School Vacation Days, select special events and any school maintenance shutdowns.

WHAT TYPE OF EQUIPMENT IS AVAILABLE?

The Wellness Center has a cardiovascular area, which may be used to improve, maintain or enhance cardiovascular fitness. It is equipped with treadmills, cross-trainers, stair climbers, upright bikes and recumbent bikes and rowing machines. The cardiovascular equipment is designed for use by people of varying fitness levels from beginner to the more advance. Circuit training utilizing a full circuit of select strength training machines is also available. These machines are effective for training all the major muscle groups of the body, utilizing exercises that are common to training programs for beginners to elite athletes.

There is also a free weight area with a full range of weights, benches and equipment for those who prefer to do strength training with this type of equipment.

HOW CAN I BECOME A PARTICIPANT?

You must complete and return all the following forms to the Business Office before gaining access to the Wellness Center:

- Physicians Medical Clearance Form
- Informed Consent and Assumption of Risk Agreement
- Wellness Center Participant Information Form