

About Us

Since opening our doors in 1989, the Anderson Health & Fitness Center has offered members of the community exceptional programs designed to meet their needs. Through the years we have continuously evolved our programs and services to keep pace with the culture in which we live and work.

Healthy lifestyle and learning

Everyone makes decisions affecting their health and well being every day, and those decisions often lead to habits that stay with them throughout their lives. Research shows that people who participate in physical activities on a regular basis learn new skills and improve performance, while gaining the self-discipline to excel in individual and group activities. Physical fitness promotes mental alertness and the ability to concentrate. Additionally, physical fitness helps to manage stress and express emotions in a healthy way; thus encouraging positive relations with family and peers.

Healthy lifestyle and productivity

There is no doubt that daily lifestyle practices exert a profound impact on short- and long-term health and quality of life. Moreover, recent data proves that there is a direct correlation between health and productivity: high levels of stress, excessive body weight, and health risk factors such as smoking, poor diet and substance abuse are associated with illness-related absenteeism and increased health care costs.

Our mission

The mission of the Health & Fitness Center is to create a healthy environment that engages members in the pursuit of health and physical fitness. With a facility such as this, the emphasis is on enjoying exercise for its own sake and learning fitness habits for life. This means members have a place where they can focus on lifetime fitness goals and individual achievement, plus find opportunities to improve their health and well-being.

What We Offer

The Anderson Health & Fitness Center offers more than 50 group exercise classes, as well as health education seminars and nutritional instruction. We place a priority on personalized service - our team of degreed and certified fitness specialists and health educators work with our members to develop a personalized fitness program that helps them achieve the benefits of exercise including:

- Improved quality of life
- Reduced risk of heart disease, diabetes and cancer
- Weight control and enhanced body composition
- Healthier bones, muscles and joints
- Increased flexibility
- Increased muscle strength and endurance
- Increased cardiovascular fitness

- Lower blood pressure
- Reduced stress
- Healthier outlook