



Want to get in shape, and stay in shape?

The Wellness Center

at Halifax Community College

Wellness Center Student Usage (Exercise/Weight Room)

- Available to HCC students who are currently enrolled in a curriculum program/class
- Students must complete a Wellness Center registration form/contract
- Students must meet with Scott Dameron, Wellness Center Director for orientation
- The Wellness Center will be closed when curriculum classes are not in session
- Students must have current ID badges

For more information, call Scott Dameron,
252-538-4324
or visit the Wellness Center on the
HCC Campus (building 700).

Hours of Operation Fall 2015 beginning Aug. 17, 2015 (subject to change)

Monday

10 a.m. - noon, 1 - 2 p.m., 3:30 - 4:30 p.m.

Tuesday

11 a.m. - noon, 2 - 4 p.m.*

**Afternoon hours will change to 3 - 4 p.m. on Oct. 13*

Wednesday

10 a.m. - noon, 1 - 2 p.m.

Thursday

11 a.m. - noon, 2 - 4 p.m.*

**Afternoon hours will change to 3 - 4 p.m. on Oct. 13*

Friday

11 a.m. - 1 p.m.