

Employee Fitness Center

You have your fitness goals and now you are able to work towards those goals right here at Rockingham County!

The Fitness Center equipment is amazing! It includes Elliptical machines, a treadmill, a rowing machine along with equipment to work your upper body, core and lower body. The gym is also equipped with a wide variety of free weights, medicine balls and resistance bands to help you complete your full-body work out.



The Fitness Center is accessible 24 hours a day, 7 days a week.
(Once you have gone through training)

To gain access to the gym, employees must first complete one of the educational training sessions and sign a waiver release form.

Upcoming educational training sessions:

Training Schedule:

Monday, March 25	2:15 pm
Wed., March 27	3:15 pm
Tuesday, April 2	7:15 am
Thursday, April 4	4:15 pm
Tuesday, April 9	12:00pm
Wed., April 10	3:15 pm
Tuesday, April 16	7:15 am
Thursday, April 18	2:15 pm
Tuesday, April 23	4:15 pm
Friday, April 26.....	12:00 pm
Wed., May 1.....	11:30 am



Pre-registration is required; please contact Human Resources at 679.9337.

