

Keeping the LCCC community healthy



The main campus at Lehigh Carbon Community College has seen many changes over the past year—a new building, the moving of a road, to name a few. The latest renovation brings a state-of-the-art wellness center and gymnasium for students, staff and faculty. Berrier Hall re-opened in May with an expanded wellness center, featuring all new fitness equipment. Also housed in the renovated Berrier Hall are the Student Government Association and athletic offices, the game room, a new dance studio and an auxiliary gym.

The Wellness Center, formerly known as the Fitness Center, invites all levels of fitness and will be promoting nutrition and overall well-being, in addition to exercise. The center has traditionally seen about 80 students, faculty and staff a day and the center's staff is hoping to see that number grow with the new, state-of-the-art equipment.

“I think the renovation of Berrier Hall is key. There will be state-of-the-art fitness equipment, specialty clinics held throughout the semester covering a variety of fitness topics such as: group training, time efficient workouts, exergaming, specialty classes such as hooping, and zumba,” says Jocelyn Beck, LCCC's director of athletics. “With athletics, student life and the fitness center all housed in the same place, there is also great potential to create a true campus-wide recreation center.”

Promoting wellness

In addition to offering wellness classes, the center will offer progressive and inspiring programs to facilitate and promote lifelong health including a variety of wellness seminars, fitness services and events.

“In addition to promoting fitness, we want to facilitate healthy living and lifestyles,” says Beck. “Through



leadership, collaboration and teamwork, we will develop a fun and supportive environment filled with a wealth of options through which students, faculty, and staff can empower their mind and spirit while nurturing their physical self. The Wellness Center will inspire our campus community to make a commitment to health and well being through personalized attention and services designed to foster participation in regular physical activity.”

The summer hours of the new fitness center are 10 a.m. to 3 p.m. Monday–Friday. Regular hours of 8 a.m. to 8 p.m., Monday–Thursday and 10 a.m. to 3 p.m. on Friday will resume with the start of fall classes. Please contact Marge Beahm, recreation center coordinator at mbeahm@lccc.edu or Jocelyn Beck, director of athletics, at jbeck@lccc.edu for more information. |



Photo: Justin Brosious