

GRAND OPENING

TRCC HEALTH and WELLNESS CENTER Thursday, October 1

Fall 2009 Hours of Operation
Weight Room and Cardio Room
Monday through Fridays
7a to 9a
11a to 2p
4p to 6p

The Center is located in the F Wing (F105)



Showers and Lockers are Available for Participants

All first time users will be required to complete required paperwork and then will be issued a Health and Wellness identification card.

Please click [here](#) to download "RULES".

Please click [here](#) to download "LIABILITY WAIVERS".

The Health and Wellness Center is FREE to all TRCC Students, Faculty and Staff.

