

WELLNESS CENTER AND WEIGHT ROOM

Strength and Conditioning Center (Weight Room)

The weight room at the Leesburg Campus offers enrolled LSSC students and employees with the resources they need to achieve their fitness and health goals. The weight room is part of the Everett A. Kelly Convocation Center, located outside the Gym near the baseball and softball fields.

The weight room offers an onsite trainer to assist in assessments, design, and maintenance programs for individual and group wellness needs and varied strength and endurance training equipment. Hours for operation are posted each semester.

Please visit our Strength and Conditioning webpage (https://www.lakehawksports.com/facilities/strength_and_conditioning) for contact information and hours of operation.