

WESTWOOD

WELLNESS

WESTWOOD WELLNESS HOURS

MONDAY - FRIDAY:

5:00 a.m. - 8:00 p.m.

SATURDAY & SUNDAY:

6:30 a.m. - 6:00 p.m.

ONLINE BOOKING

Book a session & pay online up to 24-hours in advance! Scan the QR Code and either create an account by clicking "join," or login to an existing account. If you've registered for our programs online, your login info will be the same.

If you can't scan the QR code, visit sterlingparks.org and go to register online. From there, go to "reservations" and then to "Wellness." Proceed to create an account or login to an existing account.

Bookmark the page for easy access in the future! If you need assistance, let us know!



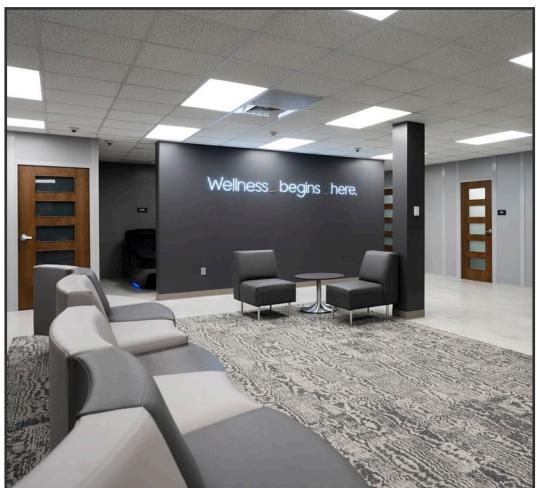
WHY WELLNESS?

Wellness is an active process of increasing awareness and actively making choices towards a healthy and fulfilling life. Many people understand the importance of exercise and training for optimal performance. However, rest and recovery are also important aspects of an exercise program. These elements allow the body time to repair and strengthen itself in between workouts and competitions.

At Westwood Wellness, we want to provide the best tools to improve your overall health and wellness. We understand that it seems like there are not enough hours in the day, so we want to help you get the most out of those hours – giving you more energy and less pain.



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Westwood Wellness Amenities

HydroMassage

FREE FOR MEMBERS

The HydroMassage bed is a convenient, dry, full body massage with the use of pressurized water. Simply lay down in the open design bed, fully clothed, and feel the immediate benefits of the traveling jet system, which delivers an "all sides" body massage.

HydroMassage is an incredible way to warm up the muscles before your fitness training and loosen your muscles after training to prevent soreness from repeated resistance-based motions used in weight training, or participating in high intensity group fitness classes offered at Westwood.



You will be in control of your massage; you can select:

- The amount of water pressure.
- The speed at which the water pressure flows.
- The specific part of the body that you would like to have massaged.

Benefits:

- Provides temporary relief from minor aches and pains.
- Relieves muscle soreness, stiffness and tension.
- Increases circulation in local areas where massaged.
- Reduces stress and anxiety.
- Enhances the feeling of well-being and deep relaxation.

Frequently Asked Questions:

How often should I use a HydroMassage bed?

A regular HydroMassage session, once or twice per week, can ensure that you receive the full benefits of water massage; including increased circulation, relieved muscle tension, reduced stress, and less anxiety.

If you have an injury, complete a tough workout, or participate in a strenuous activity that causes you pain and soreness it is the perfect time to use HydroMassage water massage beds to minimize soreness and help speed your muscle recovery as needed.

How long is a HydroMassage session?

In as little as 5 minutes, you can start to realize the benefits of a HydroMassage session. However, a 10 minute massage session will fully loosen your muscles, increase circulation, and leave you feeling relaxed. After your first HydroMassage session, you will have a better idea of the length of the HydroMassage session that works best for you.

When should I use HydroMassage?

Most commonly, HydroMassage is enjoyed post-workout as a cool-down prior to leaving the gym or before a workout to loosen tight muscles. However, you may want to make a special trip to Westwood Wellness between workouts to use a HydroMassage bed, just because it feels so good!

Stand Up Tanning Booths

FREE FOR MEMBERS

Stand up tanning booths are a popular option for anyone who wants darker skin without laying in the enclosed, sweat-filled space of a regular tanning bed. Just like any regular tanning bed, dress appropriately and wear eye protection. Only a few minutes twice per week will give you the tan of your dreams.

Benefits:

- **Saves Time:** While regular tanning beds generally start at 20 minutes, stand up tan sessions are 8 minutes maximum followed by a 3 minute cool-down period.
- **Convenience:** No sweating in our beds! Our superior cooling systems are designed to allow cool air to circulate around your body, keeping you cool while you tan. You can grab a quick session in the stand up tanning booth, get dressed and go; there's no need to "dry off" or redo ruined hair.
- **Comfort:** Stand up tanning booths offer plenty of room to accommodate just about everyone.
- **Superior Tanning:** High-intensity lamps tan from every angle at equal strength throughout the session. Stand up tanning removes pressure points, and users may hold the overhead rails during their session, which eliminates white sides and white underarms.



Recommended Tanning Schedule		SKIN TYPE		Maximum Exposure Time in Minutes			
				Week 1	Week 2	Week 3	Week 4
	I	Sensitive Skin	Burns easily & severely. Should not tan.	Tanning Not Advised			
	II	Light Skin	Burns easily & severely. Should tan minimally.	2	4	6	8
	III	Normal Skin	Burns moderately. Tans moderately.	3	5	6	8
	IV	Dark Skin	Burns minimally. Tans well/ above average.	4	6	7	8

Starting the tanning session:

- Remove all clothes (if desired) and jewelry.
- Remove make-up.
- Remove glasses. Contacts may be worn under goggles.
- Put on tanning lotions (if desired).
- Put on protective goggles.
- Close the doors behind you.
- Stand upright in the center of the tanning booth facing the doors.
- Push the START Button.

Pausing/ending the tanning session:

- To pause the tanning session, hit the START/STOP button once.
- To completely stop the tanning session prior to the end of your session time, hit the START/STOP button twice and the unit will enter cool-down mode.
- After the tanning session is completed, the unit will enter a 3 minute cool-down. You will stay in the tanning bed during this time; allowing your skin to cool before you exit.

Frequently Asked Questions:

What is the tanning process?

Tanning takes place in the outermost layer of the skin, known as the epidermis. This layer contains cells called melanocytes, which when stimulated with ultraviolet (UVB) light, produce melanin. Melanin is the dark pigment found throughout the layers of the skin. The melanin then moves up through the epidermis and is absorbed by skin cells. When exposed to UVA light, the melanin darkens, producing a tan. Both the UVA and UVB components of ultraviolet light are needed to produce the protective condition we call a tan.

Can I get a tan after one session?

Not necessarily. The skin needs a few tanning sessions to allow the skin to oxidize its melanin, darken, and produce a tan. This process cannot be rushed. Your tan will begin to deepen within 3-5 sessions, depending upon the amount of melanin within your skin.

What causes a tan to fade?

The epidermis (with oxidized melanocytes) is shed every 30-days, causing the tan to fade. Indoor heating, hot water, harsh soaps, and colder weather can accelerate the fading process. Well moisturized skin, increased water intake, neutral PH soap and showering in warm water can increase the longevity of your tan. Regular tanning sessions are also needed to maintain a great tan. But no need to worry! In order to delay the fading process, we offer tan extenders and other related products at Westwood Wellness!

Spray Tan

Spray tanning is a method of self-tanning (or sunless tanning) in which you spray a fine mist on your body. This mist has an ingredient called dihydroxyacetone (DHA) in it that interacts with the chemistry of your own skin to make it tan, or bronze. The amino acids on the skin surface react with DHA which results in tanning. Depending on several factors, the tan from DHA lasts from 5-7 days.

Benefits:

- No UV exposure.
- Instant results.
- Streak-free coverage.
- Choose your shade.
- Boost your confidence.

Frequently Asked Questions:

What should I wear to my appointment?

Wear loose clothing in dark colors, preferably something that you don't care about since it will get stained (especially if your solution has bronzer in it). The stain may wash out, but it's not guaranteed. Your bra should also be loosely fitting (no sports bras), and you may even want to leave it off after your treatment.

Is there anything I should use on my skin after my first shower?

Natural, fragrance-free lotions are best. This will ensure that your skin remains healthy and hydrated, and that your spray tan lasts longer. We have lotions available for purchase at Westwood Wellness. We also suggest pre & post treatment add-ons to maximize your tan. We offer the best products to care for your skin!

What else can I do to ensure my tan lasts as long as possible?

While your spray tan is fresh, you'll want to avoid chlorinated water, as this can make the color fade faster. In addition, cut the amount of shaving you do to a minimum, as this works as an exfoliator and will make your tan fade. Once your tan has started fading naturally, you may resume your normal skincare regimen.



An infrared sauna is a type of sauna that uses light to create heat. This type of sauna is sometimes called a far-infrared sauna — "far" describes where the infrared waves fall on the light spectrum. A traditional sauna uses heat to warm the air, which in turn warms your body. An infrared sauna heats your body directly without warming the air around you.

Benefits:

- Detoxification.
- Better sleep.
- Relaxation.
- Weight loss.
- Relief from sore muscles.
- Relief from joint pain such as arthritis.
- Clear and tighter skin.
- Improved circulation.
- May provide relief for people with chronic fatigue syndrome.

Several studies have found some evidence that infrared saunas may be beneficial in the treatment of certain chronic health issues, such as high blood pressure, congestive heart failure, dementia, Alzheimer's disease, headaches, type 2 diabetes and rheumatoid arthritis.

Many people prefer infrared saunas over traditional saunas because they do not feel physically uncomfortable while using it, and do not require a shower afterwards.

Clothing:

Active wear attire is recommended for the infrared saunas. Anything you would wear for your workout should be fine.

Maximum people/sauna:

1-2 people will be the ideal number of people per sauna. However, if a party of 3 people shows up and they all feel comfortable going in together, we will allow it. You will never have to share a sauna with a stranger if you do not want to.

Frequently Asked Questions:

What is the difference between an infrared sauna and a traditional sauna?

The primary difference between infrared and traditional saunas is the method by which they produce heat. Traditional saunas use water and heated rocks to produce steam. The combination of the rocks and the steam can heat the room to higher temperatures than infrared. Whereas, an infrared sauna relies on infrared spectra of light to produce deeper sweat at reduced ambient air temperatures. The heat that is produced by an infrared sauna creates a unique experience; the feeling has to do with the way your body reacts to heat. Infrared heat has been described as a dry and penetrating heat.

What is infrared heat?

Simply stated, infrared is a light wave next to the color red on the electromagnetic spectrum that is invisible to the human eye but felt as heat. In fact, you've likely come in contact with infrared before since it is commonly used in incubators for newborns, heat lamps and toasters. Your sauna session at Westwood Wellness will be a gentle, peaceful one that leaves you feeling relaxed and renewed.

How will I feel after a session?

Think of how you feel right after a workout and that's probably the feeling you'll have right after your sauna session. Within 30 minutes, you'll experience a boost in energy and mood!



Red Light Therapy

Red light therapy is a treatment that may help skin, muscle tissue, and other parts of your body heal. It exposes your body to low levels of red or near-infrared light through a red light lamp. A part of your cells called mitochondria (sometimes called the “power generators” of your cells) soak up the light and make more energy. Some experts believe this helps cells repair themselves and become healthier. This spurs healing in skin and muscle tissue.

Benefits:

- Inflammation reduction.
- Injury healing.
- Increased collagen levels.
- Pain reduction.
- Post-workout recovery.
- Weight loss.
- Immune system boost.
- Increased vigor.
- Improved athletic performance.
- Natural face lift.

Frequently Asked Questions:

Who should avoid red light therapy?

Red light therapy is not recommended for those with the following conditions: pregnancy, epilepsy, active cancer lesions, and anyone taking photosensitive medications.

How will I know if red light therapy is working? What should I look for?

Pain levels for acute or chronic conditions lessen, improvements in color or texture of scars, improvements in skin texture and tone, quality of sleep, energy levels, recovery time post workout, and energy levels throughout the day are all good markers to track success.

Should I wear eye protection?

No. The wavelength of red and near-infrared light is actually healthy for your eyes. You may want to close them and take a nap though!

What will I feel? Is it hot?

While you will feel warmth from the sauna, the lights themselves do not become warm; however, your circulation increases throughout the treatment, so you may experience a feeling of warmth. A quick energy boost or feeling of euphoria is also possible.

Salt Therapy

Salt therapy is a natural remedy that involves inhaling pharmaceutical-grade dry salt in a comfortable, controlled environment. As you sit back and relax, a special device called a halo generator will disperse microscopic salt particles into the room. You'll inhale these tiny particles deep into your airways and lungs, and they will also land on your skin. Salt therapy can help soothe a long list of skin, respiratory, and lifestyle conditions.

Conditions treated & improved by salt therapy:

- Lung infection.
- Throat infection or pharyngitis.
- Asthma.
- Eczema & Psoriasis.
- Sleep & snoring.
- Stress, anxiety & fatigue.
- Sports performance.
- Chronic obstructive pulmonary disease (COPD).
- Smoking-related breathing issues.
- Respiratory allergies.
- Bronchitis.
- Cold or cough.
- Pneumonia.
- Sinusitis.
- Rhinitis.
- Tonsillitis.
- Cystic fibrosis.

Frequently Asked Questions:

Are there any side effects?

Dry salt therapy is 100% natural and drug free; there are no negative side effects.

What is salt therapy and how does it work?

When you breathe in salty ocean air or salt vapors in a salt therapy room, molecules enter the airways of your lungs to break down and release negative ions. The negative ions stimulate the linings of your airways, clearing mucus while boosting your immune response to pathogens. When the negative ions reach your bloodstream, they produce biochemical reactions that boost serotonin levels. The airborne salt also reacts with the skin to resolve a variety of skin conditions. Pure "dry" sodium chloride is heated and ground up in a machine called a halo-generator. The micro-sized crushed salt particles are then dispersed into the air in an enclosed environment.

How often should I utilize salt therapy to experience benefits?

This varies among individuals, with the condition being treated acting as the biggest determining factor. You may have some relief after one session; however, for some people it may take multiple treatments. If you are doing salt therapy just for stress relief and relaxation, come as often as you like. For many conditions, after a series of sessions, symptoms subside and relief can last for several months before another session is needed. It can also be used as a preventive measure to strengthen the immune system against colds, cough, allergies, and sinusitis.

Compression therapy is a cutting-edge recovery system that helps athletes recover and rehabilitate between training sessions or following competitive events. Compression therapy is also beneficial to non-athletes looking to relieve joint pain. The therapy consists of a compression device that surrounds your arms, legs or hips. These compression units then utilize compressed air to massage your limbs, leading to mobilized fluid and faster recovery and recuperation following intense exertion.

For your compression therapy session, you will sit or lay on our zero gravity chairs. Zero gravity chairs position your body to make you feel weightless, stress-free and energized. This works by elevating your feet to be at the same level as your heart. When you achieve this position, you minimize the toll that gravity takes on your body every day. This includes reducing strain on your vertebrae, relieving back pain, improving circulation, and cushioning sore muscles. Gravity puts your body under a tremendous amount of stress every day, wearing your muscles down over time. Zero gravity chairs help offset these effects. Do not let tension, fatigue and back pain continue to bring you down - give compression therapy a try!

Benefits:

- Removes toxins from your muscles by flushing of lymphatic fluids and lactic acids.
- Reduces inflammation.
- Improves circulation.
- Reduces water accumulation.
- Accelerates recovery and rehabilitation.

Frequently Asked Questions:

What does compression therapy feel like?

During your compression therapy session at Westwood Wellness you'll have the sensation of a very tight squeeze that works its way up the chambers of the device you are using (arms, legs or hips). It's very relaxing, much like a massage, as it soothes sore, tired muscles.

What should I wear?

Comfortable yet tight-fitting clothes are best. If your clothes are too loose, as the device compresses, the fabric can bunch and be uncomfortable.

When and for how long should I use compression therapy?

You may use compression therapy before or after exercise, for routine training, high-level competition or general joint pain relief. Compression therapy sessions last 5, 10 or 15 minutes.

AlterG Treadmill

The AlterG (Anti-Gravity) treadmill creates a powerful lifting force that allows for ultra-low surface impact. By controlling the pressure, the user can change their weight, reducing it by as much as 80% in 1% increments. For those who need to rehab from surgery or training, the AlterG reduces the impact of running or walking while the body goes through the normal healing process. For the athlete, training volume can be increased while minimizing stress-related injuries.

Benefits:

- Train without pain and reduce stress to joints and muscles.
- Rehabilitate lower extremity injuries with less pain and less impact.
- Maintain fitness while rehabilitating from injury or surgery.
- Lose weight safely and exercise more intensively.
- Push training sessions further and longer with less risk of injury.
- Recover effectively and with less pain after training or competition.

Frequently Asked Questions:

What do I need for my session?

Special shorts must be worn during your AlterG session. These neoprene compression shorts feature a go-around zipper which ensures an airtight seal around the lower body. Shorts are available for rental or purchase at Westwood Wellness.

Cryotherapy Chamber (Coming later in 2023)

Cryotherapy involves standing in a "cryo-chamber" for up to 3 minutes. During this process, a person will expose their body to subzero temperatures, typically between -130 and -184 degrees Fahrenheit.

Benefits:

- Pain relief and muscle healing.
- Reduces inflammation.
- Reduces migraine symptoms.
- Numb nerve irritation.
- Reduces arthritic pain.
- Treats some skin conditions.

Frequently Asked Questions:

What do I need for my session?

You must wear a hat/headband, mask, gloves, shorts, knee-length socks, and approved footwear.

Memberships & Fees

Total Fitness Pass Fees

Our Total Fitness Pass provides you with access to everything you need to reach your fitness goals. We offer a variety of affordable pass options to accommodate the needs of the community.

All of our memberships provide unlimited access to the fitness areas at Westwood, as well as the following perks and access to areas during open/drop-in hours:

- Over 40,000 sq. ft. of fitness equipment
- Functional training space & fitness turf
- HIIT House (Boxing/MMA area)
- 60-yard indoor turf field**
- 200-meter indoor track**
- Variety of fitness classes*
- Stretching areas & equipment
- 2-NBA size wood basketball courts
- Kids Gym (Childcare while you workout)
- Discounts at the Westwood Smoothie Co.
- Indoor aquatics center (Duis Center)
- Westwood Wellness Access
- Batting cage (mezzanine level only)***

	Monthly	Annual	Military: Monthly***	Military: Annual***
Youth (13 yrs & under)	\$16 ⁴¹	\$160 ⁰⁰	—	—
Young Adult (14-20 yrs)	\$25 ⁵⁸	\$270 ⁰⁰	\$19 ³³	\$205 ⁰⁰
Adult (21-59 yrs)	\$39 ³³	\$435 ⁰⁰	\$31 ⁰⁸	\$335 ⁰⁰
Household	\$61 ⁹¹	\$705 ⁰⁰	\$49 ⁴¹	\$555 ⁰⁰
Single Household	\$54 ⁶⁶	\$620 ⁰⁰	\$44 ⁴¹	\$495 ⁰⁰
Couple	\$57 ¹⁶	\$650 ⁰⁰	\$46 ⁹¹	\$525 ⁰⁰
Senior Household	\$57 ¹⁶	\$650 ⁰⁰	\$46 ⁹¹	\$525 ⁰⁰
Senior (60+)	\$31 ⁸³	\$345 ⁰⁰	\$26 ⁰⁸	\$275 ⁰⁰
Senior Couple (60+)	\$54 ⁶⁶	\$620 ⁰⁰	\$41 ⁹¹	\$465 ⁰⁰

Members ages 14+ can utilize all fitness areas**** and track building without an adult. Ages 14 & 15 will need Youth Fitness. Ages 9-13 can utilize all fitness areas**** with an adult after completing Youth Fitness. Ages 13 & under can utilize the track building with an adult also in the track building. A **Household Pass** consists of any two adults and dependent children (18-U/or a full-time college student 25-U with the same permanent residence) living in the same residence; a **Single Household Pass** consists on any one adult and dependent children (18-U/or a full-time college student 25-U with the same permanent address) living in the same residence; a **Senior Household Pass** has the same requirements as a Household Pass but is for adults 60 and over; and the **Couple Pass** consists of two adults living in the same household. **Military Pass:** Must present proof of service to receive discount.

*Excludes senior fitness and water fitness. **During the months of February and March in the late afternoons/evenings, there is limited to no availability of the track/turf. ***Members can reserve the mezzanine level batting cage up to 24-hours in advance. Normal rental charges apply for any rentals beyond 24-hours in advance. Batting cage rentals are only available during the published building 3 open times. All batting cage participants must be Total Fitness Pass members. ****The Military Discount is available to eligible active, reserve and retired U.S. Military personnel, spouses and immediate family. *****Fitness areas include... Cardio area, upper/lower fitness areas, functional training area, fitness turf, HIIT House, Warehouse and the wood basketball courts.

Westwood Wellness Fees

Total Fitness Pass members receive access to Westwood Wellness as part of their membership. Non-members may utilize Westwood Wellness by paying the \$15⁰⁰ Westwood Wellness drop-in fee. The following additional fees apply for both members & non-members:

	Fee
HydroMassage	No additional fee
Stand Up Tanning Booth	No additional fee
Spray Tan	\$6 ⁰⁰ /Session
Spray Tan Add-Ons*	\$2 ⁵⁰
Tanning Goggles	\$3 ⁰⁰
Disposable Eyewear	\$0 ⁵⁰
Infrared Sauna	No additional fee
Red Light Therapy	\$5 ⁰⁰ /Session
Salt Therapy	\$5 ⁰⁰ /Session
Compression Therapy	No additional fee
AlterG Treadmill	
15-Minute Session	\$5 ⁰⁰
30-Minute Session	\$7 ⁰⁰
45-Minute Session	\$9 ⁰⁰
60-Minute Session	\$11 ⁰⁰
5-Hour Package**	\$55 ⁰⁰
10-Hour Package**	\$90 ⁰⁰
AlterG Short Rental***	\$5 ⁰⁰ /Session
AlterG Short Purchase***	\$70 ⁰⁰
Cryotherapy Chamber	T.B.D.

*Spray Tan Add-Ons

Clear Developer Solution:

Works in conjunction with your natural undertone, the clear solution will enhance the skin for a golden-bronze tan. No immediate color; color will start to develop in 4-6 hours.

Instant Bronzer:

Immediate deep, natural cosmetic color fused with an extended tan lasting up to 7 days.

Protector Pre-Treatment:

Balance your pH levels for a deeper, darker, and more even tan.

Moisturizer Post-Treatment:

Provides immediate hydration for the skin, locks-in and deepens color.

Packages may be broken down into 30-minute sessions. *Special shorts are required while using the AlterG.

Westwood Wellness Age Restrictions

Westwood Wellness is open to ages 16+. Younger individuals may utilize Westwood Wellness if they have a doctor's note recommending one of our services to treat a medical condition. However, the stand up tanning booths are only available to individuals ages 18+.

Nutritious & delicious.

100% Whole, Real Fruits & Veggies

Performance Boosting Options

Allergy Sensitive Recipes

Smoothies & Shakes

Meals to Go



Scan to Order!



Westwood
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