

# GAZETTE

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### SPORTS



**Skyhawks sunk**  
Third-ranked Indian Hills Warriors too much for Sauk Valley C.C. / 15

### LOCAL NEWS

#### U-P oopsie

Union Pacific train stops, blocks Dixon subdivision for hours on Tuesday / 6

### LOCAL NEWS

#### Service recognized

Former Rock Falls mayor honored with degree from Sauk C.C. / 2

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## FACILITY UPGRADE

State-of-the-art Westwood Wellness to offer infrared sauna, anti-gravity treadmill, compression therapy / 5

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### TODAY'S WEATHER



**HIGH**  
**27**  
**LOW**  
**13**

Complete forecast on page 8

# 'Anti-gravity' treadmill, infrared sauna unveiled during Westwood Wellness ribbon-cutting

Facility is latest upgrade to Sterling Park District's fitness and sports center

By ALEX T. PASCHAL  
apaschal@shawmedia.com

STERLING – Westwood Wellness, located at Westwood Sports Complex, officially opened after a ribbon-cutting Tuesday.

The facility features recovery-enhancing equipment and is the latest in a series of upgrades to the Sterling Park District's Westwood Fitness & Sports Center that began in 2019.

Hydromassage chairs, infrared saunas and compression therapy were available for trial use by visitors.

The facility also featured red light and salt therapies, two stand-up tanning booths, and an AlterG treadmill that allows users to reduce up to 80% of their body weight.

Westwood members get free access to many of the center's amenities, though some do require a user fee.



Breanne Hunter, Sterling Park District's marketing director, describes the infrared sauna on Tuesday. It uses light to create heat, which is more comfortable for the user. This ADA approved sauna also offers red light and salt therapy.



Marketing director Breanne Hunter explains how the anti-gravity treadmill works Tuesday before the ribbon-cutting. The treadmill will give its users many of the benefits without the wear and tear on joints, muscles and tendons.