



Come try out our Wii Fit at Centennial Hall! Wii Fit takes the whole concept of games as exercise to a new level! It is an innovative mixture of fitness and fun. Wii Fit features four main categories to choose from: Strength Training, Aerobics, Yoga, and Balance Games. Wii Fit also tracks the activities you do the most and puts them into the Favorites category. The use of the Wii Fit is free to members and can be used during our regular office hours. For your privacy, the door can be closed during your workout. Come try it out!

