

The North Baldwin Infirmary Wellness Center has something for everyone! Our facility offers services for individuals with diverse fitness levels, as well as children, seniors, and everyone in between.

Let the staff of the North Baldwin Infirmary Wellness Center become the team who helps you get in shape, lose weight, feel better, improve your health, or reach whatever fitness goal you have set. The Wellness Center employs a professional, educated staff that includes a certified exercise physiologist and certified aerobic instructors.

For more information and fee schedule, call the NBI Wellness Center at (251) 937-9099.

- ▶ Two Racquetball Courts
- ▶ Whirlpool
- ▶ Weight Machines
- ▶ Group Exercise Room
- ▶ Locker Rooms w/ Showers
- ▶ Free Weights
- ▶ Indoor Track
- ▶ Indoor Heated Pool
- ▶ Bikes and Treadmills
- ▶ Elliptical Trainers
- ▶ Kid's Zone